



Long Livo

Lamb Shepherd's Pie – Hearty & Healthy

20 min

Prep time

4

Servings

45 min

Cook time

Easy

Difficulty

1 h 5 min

Total time

British

Cuisine

Ingredients

Filling

- ☐ 1 lb ground lamb
- ☐ 1 medium onion, finely diced
- ☐ 2 cloves garlic, minced
- ☐ 2 carrots, peeled and diced
- ☐ 2 parsnips, peeled and diced
- ☐ 1 cup frozen peas
- ☐ 1 cup beef or vegetable broth
- ☐ 2 tbsp tomato paste

- ☐ 1 tsp fresh rosemary, chopped
- ☐ 1 tsp thyme leaves
- ☐ Zest of half a lemon
- ☐ Salt and pepper to taste

Mashed Topping

- ☐ 2 lbs potatoes, peeled and cubed
- ☐ 2 tbsp butter
- ☐ ¼ cup milk (or plant-based alternative)
- ☐ Salt and pepper
- ☐ Extra butter for brushing

Instructions

- 1** Preheat the oven to 400°F (200°C). In a large skillet, heat a drizzle of olive oil over medium heat and sauté the onion and garlic until translucent.
- 2** Add the ground lamb, breaking it up with a spoon. Cook until browned, then stir in tomato paste, rosemary, thyme, lemon zest, salt, and pepper.
- 3** Add carrots, parsnips, and broth. Simmer for about 10 minutes until vegetables are just tender. Fold in peas and remove from heat.
- 4** Meanwhile, boil the potatoes until fork-tender. Drain, mash with butter, milk, salt, and pepper until smooth.
- 5** Transfer the lamb mixture to a baking dish, spread the mashed potatoes on top, brush with melted butter, and bake for 25-30 minutes until the top is golden.

Nutrition per serving

420 kcal

Calories

28 g

Protein

35 g

Carbs

18 g

Fat

Tips & notes

- If the filling looks dry, add a splash more broth.
- For extra crispness, place the pie under the broiler for 2 minutes at the end.
- Feel free to swap sweet potatoes for regular potatoes for a richer color.