

Paleo Shepherd's Pie



Filling Ingredients:

- 1-2 Tbsp coconut oil
- 1 sweet onion (or 1 1/2 cups leeks), chopped
- 3 cloves garlic, minced
- 2 stalks celery, chopped
- 2 carrots, chopped
- 2 cups mushrooms, chopped
- 3 Tbsp arrowroot starch
- 2 lbs ground lamb (or other ground meat such as beef, chicken or turkey or a combination of meat)
- 1 tsp (or to taste) Celtic sea salt or Pink Himalayan salt
- 1/4 tsp white pepper
- 1 1/2 tsp dried thyme (or 1-2 Tbsp fresh)
- 2-3 tsp dried rosemary (or 2-3 Tbsp fresh)
- 1 cup broth (preferably homemade) or white wine

- ½ cup chopped flat leaf parsley (or ¼ cup dried parsley), plus additional for garnish
- 1 pkg frozen peas (optional)

Topping Ingredients:

- 1-2 heads of cauliflower
- 5 whole, peeled garlic cloves
- 2 Tbsp butter or ghee
- Celtic sea salt and white pepper to taste

Directions:

1. Preheat oven to 425°F.
2. Steam cauliflower and garlic in a large pot until tender, about 7-10 minutes (a knife poked in the center should go in easily)
3. Place cooked cauliflower and garlic in a food processor
4. Add butter and process until smooth.
5. Season with salt and pepper. Set aside.
6. Heat coconut oil in a large skillet over medium high heat.
7. Add celery, onion and carrots and sauté until vegetables are softened and onion is translucent.
8. Add mushrooms and cook until they give off liquid and start to brown, about 5 minutes.
9. Stir 1 Tbsp of arrowroot starch into the vegetables and cook 1-2 minutes.
10. Add meat, break it up, season with salt and pepper and cook until browned.
11. Add wine or broth, thyme and rosemary and bring to a boil.
12. Lower heat and simmer until gravy thickens and is absorbed by the meat.
13. Stir in parsley, peas (if using) and remaining 2 Tbsp arrowroot starch.
14. Pour filling into a casserole dish.
15. Spread mashed cauliflower evenly over the meat mixture to form a crust.
16. Bake for 20-30 minutes.
17. Remove from oven and sprinkle with additional chopped parsley
18. Let stand 5 minutes before serving.