



## A Scotsman's Shepherd Pie

READY IN



75 min.

SERVINGS



8

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided softened
- ☐ 16 ounce canned tomatoes with juice, chopped canned
- ☐ 1 small carrots peeled chopped
- ☐ 2 ounces cream cheese
- ☐ 1 egg yolk
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 teaspoons parsley fresh chopped

- ☐ 1 pound lamb
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 teaspoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.5 cup peas
- ☐ 5 cups potatoes boiled mashed
- ☐ 0.8 cup sharp cheddar cheese shredded
- ☐ 2 teaspoons paprika smoked
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 8 fluid ounces irish stout beer guinness® (such as )
- ☐ 1 tablespoon worcestershire sauce

## Equipment

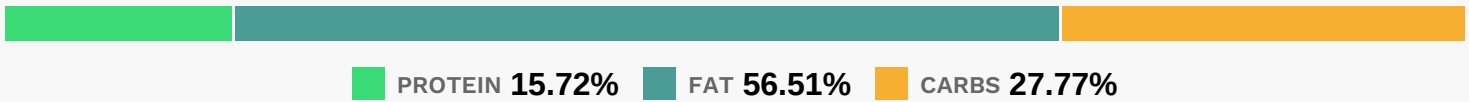
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

## Directions

- ☐ Stir potatoes, sour cream, cream cheese, 1 tablespoon butter, egg yolk, 1/2 teaspoon salt, and 1/2 teaspoon black pepper together in a bowl until smooth.
- ☐ Heat olive oil in a cast iron skillet or nonstick pan over medium-high heat.
- ☐ Add ground lamb, reduce heat to medium, and cook, stirring frequently, until browned and crumbly, 4 to 5 minutes.
- ☐ Pour off excess grease and season lamb with salt and black pepper to taste.

- ☐ Stir tomatoes with juice, onion, and carrot into ground lamb; simmer until vegetables are tender, 5 to 10 minutes.
- ☐ Add peas, reduce heat to low, and cook, stirring frequently, until peas are warmed, 2 to 3 minutes.
- ☐ Heat beer in a saucepan over medium heat; add beef bouillon. Cook and stir beer mixture until bouillon is dissolved, about 5 minutes.
- ☐ Heat remaining 1 tablespoon butter in a separate pan over medium-low heat until sizzling.
- ☐ Whisk flour into butter until thick and paste-like, about 1 minute. Stir beer mixture and Worcestershire sauce into flour mixture until gravy is smooth and thickened, 2 to 3 minutes. Stir gravy into lamb mixture and simmer until mixture is thickened, at least 5 minutes.
- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler. Grease a 9x12-inch baking dish.
- ☐ Pour lamb mixture into the prepared baking dish. Carefully spoon mashed potatoes over lamb mixture, covering like a crust.
- ☐ Sprinkle Cheddar cheese, parsley, and paprika over mashed potatoes.
- ☐ Broil in the preheated oven until crust is browned and cheese is melted, 4 to 5 minutes. Cool for about 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:61.49, Glycemic Load:18.24, Inflammation Score:-9, Nutrition Score:17.341739151789%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 427.07kcal (21.35%), Fat: 26.54g (40.84%), Saturated Fat: 12.87g (80.46%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 25.39g (9.23%), Sugar: 3.28g (3.64%), Cholesterol: 99.45mg (33.15%), Sodium: 341.26mg (14.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.23%), Vitamin C: 30.94mg

(37.5%), Vitamin A: 1777.86IU (35.56%), Vitamin B6: 0.53mg (26.6%), Phosphorus: 259.14mg (25.91%), Vitamin B3: 5.18mg (25.89%), Vitamin B12: 1.52µg (25.3%), Selenium: 17.07µg (24.39%), Potassium: 803.77mg (22.96%), Zinc: 3.02mg (20.12%), Vitamin B2: 0.29mg (17.25%), Fiber: 3.96g (15.85%), Manganese: 0.31mg (15.3%), Vitamin B1: 0.22mg (14.8%), Iron: 2.45mg (13.63%), Calcium: 135.53mg (13.55%), Magnesium: 53.46mg (13.37%), Folate: 49.26µg (12.32%), Copper: 0.24mg (12.07%), Vitamin B5: 1.02mg (10.17%), Vitamin K: 10.03µg (9.56%), Vitamin E: 0.77mg (5.15%), Vitamin D: 0.24µg (1.61%)