



Kohlrabi-Topped Shepherd's Pie

READY IN



120 min.

SERVINGS



6

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly ground
- 2 medium carrots peeled
- 0.8 teaspoon thyme dried
- 0.5 cup wine dry red
- 2 large egg yolk
- 2 tablespoons flour all-purpose
- 2 medium garlic clove minced
- 1.5 pounds lamb
- 4 pounds kohlrabi bulb green

- 6 servings kosher salt
- 2 cups beef broth low-sodium
- 1 tablespoon olive oil
- 1 cup peas frozen
- 2 tablespoons tomato paste
- 6 tablespoons butter unsalted at room temperature ()
- 1 tablespoon worcestershire sauce
- 1 medium onion yellow

Equipment

- food processor
- bowl
- oven
- wire rack
- pot
- baking pan
- wooden spoon
- slotted spoon
- dutch oven
- peeler

Directions

- Heat the oven to 425°F and arrange a rack in the upper third. Trim the stem ends and any stalks or greens from the kohlrabies. Using a vegetable peeler, peel the skin and fibrous inner layer until you reach the white flesh.
- Cut the flesh into 1-inch cubes and place in a large bowl.
- Add the oil, salt, and pepper and toss to combine.
- Heat the oil in a large heavy-bottomed pot or Dutch oven over medium-high heat until shimmering.

- Add the lamb, 1 teaspoon of the salt, and the measured pepper. Cook, using a wooden spoon to break up the lamb into small pieces, until the meat is completely cooked through and most of the moisture has evaporated, about 7 to 10 minutes.
- Remove with a slotted spoon to a medium bowl; set aside.Reduce the heat to medium.
- Add the carrots, onion, garlic, thyme, and remaining 1/2 teaspoon of salt to the pot. Season with pepper and cook, stirring occasionally, until the vegetables are softened and starting to brown, about 4 minutes. Return the lamb and any accumulated juices to the pot.
- Add the tomato paste and stir to coat the lamb and vegetables. Cook, stirring occasionally, until the tomato paste is no longer raw-tasting, about 2 minutes.
- Add the wine and cook, stirring occasionally, until it has completely evaporated, about 1 minute.
- Sprinkle in the flour and cook, stirring occasionally, until it's no longer raw-tasting, about 1 minute.
- Place the roasted kohlrabi in the bowl of a food processor fitted with a blade attachment.
- Add the butter and process until smooth, about 2 minutes. Taste and season with salt and pepper as needed.
- Add the egg yolks and process until just incorporated; set aside.
- Add the peas to the filling and stir to combine.
- Transfer the filling to a 13-by-9-inch baking dish and spread it into an even layer.Drop the kohlrabi topping in large spoonfuls over the filling and spread it into an even layer.
- Bake until the shepherd's pie is bubbling and starting to brown around the edges, about 25 minutes.
- Remove the dish to a wire rack and let it sit for 5 minutes before serving.

Nutrition Facts

 PROTEIN **18.52%**  FAT **61.67%**  CARBS **19.81%**

Properties

Glycemic Index:53.36, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:34.094782746356%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg, Luteolin: 3.97mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 7.52mg, Kaempferol: 7.52mg, Kaempferol: 7.52mg, Kaempferol: 7.52mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 615.27kcal (30.76%), Fat: 42.27g (65.03%), Saturated Fat: 19.7g (123.1%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 17.03g (6.19%), Sugar: 11.97g (13.3%), Cholesterol: 174.08mg (58.03%), Sodium: 567.39mg (24.67%), Alcohol: 2.1g (100%), Alcohol %: 0.43% (100%), Protein: 28.56g (57.13%), Vitamin C: 201.62mg (244.39%), Vitamin A: 4211.52IU (84.23%), Fiber: 13.52g (54.09%), Potassium: 1716.3mg (49.04%), Vitamin B12: 2.75µg (45.9%), Vitamin B3: 9.05mg (45.24%), Selenium: 28.59µg (40.85%), Phosphorus: 391.9mg (39.19%), Vitamin B6: 0.74mg (36.91%), Manganese: 0.67mg (33.52%), Zinc: 4.56mg (30.38%), Copper: 0.6mg (30.22%), Vitamin B1: 0.4mg (26.69%), Folate: 106.37µg (26.59%), Magnesium: 97.94mg (24.48%), Vitamin B2: 0.41mg (23.99%), Iron: 4.2mg (23.34%), Vitamin E: 2.9mg (19.33%), Vitamin K: 18.53µg (17.65%), Vitamin B5: 1.55mg (15.5%), Calcium: 128.44mg (12.84%), Vitamin D: 0.63µg (4.2%)