



Shepherd's Pie

 Popular

READY IN



90 min.

SERVINGS



8

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons canola oil
- 2 small carrots diced peeled
- 1 cup chicken broth
- 1 egg yolk
- 2 tablespoons flour all-purpose
- 0.5 cup corn kernels fresh

- 2 cloves garlic minced
- 1.5 pounds lamb
- 0.3 cup half-and-half
- 0.8 teaspoon kosher salt
- 1 teaspoon kosher salt
- 1 cup onion chopped
- 0.5 cup peas fresh english
- 2 teaspoons freshly rosemary leaves chopped
- 1.5 pounds russet potatoes
- 1 teaspoon freshly thyme leaves chopped
- 2 teaspoons tomato paste
- 2 ounces butter unsalted
- 1 teaspoon worcestershire sauce

Equipment

- frying pan
- sauce pan
- oven
- wire rack
- microwave
- spatula
- tongs
- colander
- glass baking pan

Directions

- Watch how to make this recipe.
- Peel the potatoes and cut into 1/2-inch dice.

- Place in a medium saucepan and cover with cold water. Set over high heat, cover and bring to a boil. Once boiling, uncover, decrease the heat to maintain a simmer and cook until tender and easily crushed with tongs, approximately 10 to 15 minutes.
- Place the half-and-half and butter into a microwave-safe container and heat in the microwave until warmed through, about 35 seconds.
- Drain the potatoes in a colander and then return to the saucepan. Mash the potatoes and then add the half and half, butter, salt and pepper and continue to mash until smooth. Stir in the yolk until well combined.
- Preheat the oven to 400 degrees F.
- While the potatoes are cooking, prepare the filling.
- Place the canola oil into a 12-inch saute pan and set over medium high heat. Once the oil shimmers, add the onion and carrots and saute just until they begin to take on color, approximately 3 to 4 minutes.
- Add the garlic and stir to combine.
- Add the lamb, salt and pepper and cook until browned and cooked through, approximately 3 minutes.
- Sprinkle the meat with the flour and toss to coat, continuing to cook for another minute.
- Add the tomato paste, chicken broth, Worcestershire, rosemary, thyme, and stir to combine. Bring to a boil, reduce the heat to low, cover and simmer slowly 10 to 12 minutes or until the sauce is thickened slightly.
- Add the corn and peas to the lamb mixture and spread evenly into an 11 by 7-inch glass baking dish. Top with the mashed potatoes, starting around the edges to create a seal to prevent the mixture from bubbling up and smooth with a rubber spatula.
- Place on a parchment lined half sheet pan on the middle rack of the oven and bake for 25 minutes or just until the potatoes begin to brown.
- Remove to a cooling rack for at least 15 minutes before serving.

Nutrition Facts

PROTEIN 16.22% **FAT 62.15%** **CARBS 21.63%**

Properties

Glycemic Index:66.49, Glycemic Load:14.49, Inflammation Score:-9, Nutrition Score:17.453043409016%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 446.51kcal (22.33%), Fat: 31.01g (47.7%), Saturated Fat: 13.4g (83.73%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 21.56g (7.84%), Sugar: 3.78g (4.2%), Cholesterol: 104.86mg (34.95%), Sodium: 711.66mg (30.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.42%), Vitamin A: 2449.91IU (49%), Vitamin B12: 2.04µg (34.01%), Vitamin B3: 6.7mg (33.48%), Selenium: 19.19µg (27.41%), Vitamin B6: 0.5mg (24.8%), Zinc: 3.51mg (23.43%), Phosphorus: 232.61mg (23.26%), Potassium: 709.25mg (20.26%), Vitamin B2: 0.3mg (17.5%), Vitamin B1: 0.25mg (16.65%), Manganese: 0.32mg (16.01%), Vitamin C: 12.45mg (15.09%), Iron: 2.65mg (14.75%), Folate: 50.73µg (12.68%), Magnesium: 50.69mg (12.67%), Vitamin K: 12.21µg (11.63%), Copper: 0.23mg (11.6%), Fiber: 2.71g (10.86%), Vitamin B5: 1.06mg (10.6%), Vitamin E: 1.22mg (8.12%), Calcium: 55.17mg (5.52%), Vitamin D: 0.31µg (2.09%)