

## Beef Shepherds Pie with Mashed Potatoes (Low FODMAPS)



Serves 6 (426g per serve)

Energy: 1894Kj (453Kcal), protein: 28g, total fat: 25g, saturated fat: 7g, carbohydrate: 25g, dietary fibre: 6g, sodium: 48mg/100g

### Ingredients

- Olive oil lite infusion x 2 tablespoons (including 4 cloves of garlic cut in large pieces)
- 1/4 teaspoon asafoetida
- Beef lean mince x 500g
- Zucchini x 1 medium or 100g
- Carrot x 1 medium or 100g
- Crushed tomato low sodium x 2 tins or 800g
- Bay leaves x 2
- Dried Thyme x 2 teaspoon

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- Ground Black pepper x 2 teaspoon
- Tomato paste x 2 – 3 tablespoons or 70g
- Sweet potato x 450g peeled
- White potato x 450g peeled
- Coconut yoghurt low fat x 2 tablespoon
- Water x 3 cup

## **Method**

### **Beef Ragout**

1. Heat garlic infused oil in large saucepan on a medium heat
2. Shred the zucchini and carrots and saute for a further 5 minutes
3. Add the minced beef a little at a time being careful not to have big clumps
4. Add in the dried thyme and stir in well, then add the bay leaves
5. Add all the crushed tomato and the 1 cup of water and bring to the boil and reduce the heat to a simmer
6. Add 1 tablespoon of ground black pepper and asafoetida
7. The cooking time will be approximately 1 hour on a low simmer, and you may need to add a little bit of water to stop it from going to dry
8. Add in the tomato paste and cook for further 15 minutes
9. Once the ragout is cooked set aside and allow it to cool, preferably overnight in the fridge. This will firm up the mixture to allow better cooking and handling later on

### **Sweet Potato Top**

10. Peel and cut the potatoes into medium size cubes and place in a pot
11. Add 2 cups of water and bring to a simmer
12. Cook the potatoes until they are soft (approximately 10 minutes) and being careful not to overcook them
13. Strain the potatoes and allow them to dry
14. Turn on and pre-heat the oven to 165c/329f and while the oven is heating
15. Mash the potatoes together to a fine consistency and add 1 tablespoon of pepper and all of the low-fat coconut yoghurt
16. Pipe the potatoes on top and bake for around 30 minutes and serve.
17. Garnish with parsley

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