



# Traditional Lamb Shepherd's Pie

with Fluffy Mash and Crispy Parmesan Topping

Discovery Special 40 Minutes



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Ground Lamb



Beyond Meat®



Russet Potato



Mirepoix



Green Peas



Thyme



Garlic, cloves



Tomato Sauce Base



Soy Sauce



Sour Cream



Parmesan Cheese,  
shredded

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO SHEPHERD'S PIE

The difference between shepherd's pie and cottage pie is simple: Shepherd's pie is made with lamb and cottage pie is made with beef!

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Vegetable peeler, colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish

## Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Beyond Meat®	2	4
Russet Potato	690 g	1380 g
Mirepoix	113 g	227 g
Green Peas	56 g	113 g
Thyme	7 g	7 g
Garlic, cloves	2	4
Tomato Sauce Base	2 tbsp	4 tbsp
Soy Sauce	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Parmesan Cheese, shredded	¼ cup	¼ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



### Cook potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.

4



### Assemble shepherd's pie

- Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** into **potatoes** until creamy. Stir in **sour cream**. Season with **salt** and **pepper**.
- Top **lamb mixture** with **mashed potatoes**.
- Smooth **mashed potatoes** over top, covering **lamb mixture**.

2



### Cook veggies

- Meanwhile, peel, then mince or grate **garlic**.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **mirepoix**, **thyme** and **garlic**. Cook, stirring occasionally, until **veggies** start to soften, 3-4 min. Season with **salt** and **pepper**.

5



### Broil shepherd's pie

- Sprinkle **Parmesan** over **assembled shepherd's pie**.
- Broil in the **middle** of the oven until **topping** is golden-brown, 2-3 min. (**TIP:** Keep an eye on shepard's pie so it doesn't burn!)

3



### Cook lamb

- Add **lamb** to the pan with **veggies**. Cook, breaking up **lamb** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add **peas**, **tomato sauce base**, **soy sauce** and **¾ cup** (1 ½ cups) **water** to the pan. Cook, stirring occasionally, until **sauce** thickens slightly, 5-6 min. Season with **salt** and **pepper**.
- Remove from heat and transfer **lamb mixture** to an 8x8-inch baking dish (9x13-inch for 4 ppl).

If you've opted to get **Beyond Meat®**, cook it in the same way the recipe instructs you to cook the **lamb**.\*\*

6



### Finish and serve

- Let **shepherd's pie** cool slightly, 4-5 min.
- Divide **shepherd's pie** between plates.

## Dinner Solved!



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