

# Quick Cottage Pie (Shepherd's Pie)

February 10th, 2024

**This recipe serves: 5**

Prep Time: 00:30

Cook Time: 00:30

Cottage Pie is the same as Shepherd's Pie except that Shepherd's Pie is made with ground lamb, and Cottage Pie is made with ground beef. This recipe is simplified and scaled down for an easy 4 serving meal.

## Ingredients:

4 Cups Instant Potatoes, prepared according to the instructions on the box.

1 Teaspoon Olive Oil

1 Cup (8 ounces) Sweet Corn

1/2 Red Onion, diced

1 lb Ground Beef (or 1 lb Ground Lamb, for Shepherd's Pie)

1 Tablespoon All-Purpose Flour

1/4 Teaspoon Rosemary

1/4 Teaspoon Thyme

1/8 Teaspoon Kosher Salt

1 Cup (4 Ounces) Carrot, diced

2 Teaspoon Marmite

1/2 Cup Beef or Chicken Stock

3 Garlic Cloves, minced

2 Cups (6 Ounces) Cauliflower, riced

1 Red Bell Pepper, diced

1 Cup Shredded Cheese

Sea Salt (to taste)

## Directions:

Follow the instructions on the box to make Instant Mashed Potatoes.

Place a 10 inch oven-safe pan over medium heat.

Add the Olive Oil.

Grill the Corn 5-6 minutes or until the color changes to golden brown.

Add the Onions and Sweat the Onions for 2-3 minutes.

Add the Ground Beef and stir in the Flour

Mix in the Rosemary, Thyme, and Salt

Grill until browned, about 3-4 minutes, stirring occasionally.

Stir in the Carrots and grill until soft.

## Preheat the oven to 350° F.

In a separate bowl, mix the Marmite with the Stock. Microwave for 20 seconds, if necessary, to fully integrate.

Mix in the minced Garlic.

Add the Stock mixture to the pan and simmer.

Stir in the Riced Cauliflower and Red Bell Pepper.

Remove from the heat.

Sprinkle the Cheese across the top of the pan.

Spread the Mashed Potatoes across the top of the pan until fully covered.

Use a fork to gently rake the top of the Mashed Potatoes, covering the top of the pan with a pattern of lines.

Cover and refrigerate up to 3 days or bake immediately.

**Bake at 350° F. for 30 minutes** or until the Potatoes begin to brown.