



Fructose Friendly Shepherd's Pie

Ingredients

- 80g olive or coconut oil
- 1/2 red capsicum finely chopped
- 2 carrots, finely diced
- 1 zucchini chopped
- 1/2 cup frozen peas
- 6-8 large potatoes
- 1/2 cup of lactose-free cheese
- 3/4 tsp ground cumin
- 500g of beef mince
- 2 tbsp tomato paste
- 1 tsp coarsely chopped thyme
- 1.5 cups beef stock
- 80ml red wine
- 50g butter
- 1/2 tsp sea salt
- 1/4 tsp pepper

Directions

- 1. Preheat oven to 180C. Heat 2 tbsp of oil in a large frying pan or saucepan over medium-high heat. Place finely chopped capsicum and fry well. Add the carrots and zucchini and cook for a few minutes before adding the cumin and frozen peas. Stir occasionally until vegetables soften and begin to brown (5 minutes). Take out and put aside.
- Add some more oil to the pan and cook the beef, increase the heat to high and stir occasionally until browned (8-12 minutes), before putting the vegetables back into the saucepan. Add tomato paste and thyme and cook until paste darkens (1 minute), then add stock and wine, reduce heat to medium-high and simmer, stirring occasionally, for about 10 minutes until slightly thickened.
- Meanwhile, cook the potatoes in a saucepan of boiling water until cooked through. Drain the water and mash the potatoes with a little butter and lactose free milk. Add a dash of salt & pepper.
- Spread main mixture in a shallow ovenproof dish. Top with the potato mash and sprinkle the cheese on top. Bake until top is light golden and bubbling (30-40 minutes)