

Low-Carb Irish Shepherd's Pie

Hands-on 30 minutes Overall 1 hour

Nutritional values (per serving, about 1 1/2 cups): Total carbs: 10.5 g, Fiber: 3.6 g,

Net carbs: 6.9 g, Protein: 18.8 g, Fat: 37.1 g, Calories: 440 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Shepherd's pie filling:

- 500 g minced lamb (1.1 lb)
- 1/2 medium yellow onion, finely chopped (55 g/ 1.9 oz)
- 1 tsp onion powder
- 2 tsp fresh rosemary, finely chopped or 1 tsp dried rosemary
- 1 cup beef stock or vegetable stock (240 ml/ 8 fl oz)
- 1 cup sliced brown mushrooms, sliced (72 g/ 2.5 oz)
- 1/4 cup tomato paste or sugar-free bbq sauce (60 ml/ 2 fl oz) - you can [make your own BBQ Sauce](#)
- 1 tbsp [coconut aminos](#) (15 ml)
- 1 tsp [xanthan gum](#)
- sea salt and ground pepper, to taste

Colcannon topping:

- 1/2 small green cabbage, sliced and tough stems removed (350 g/ 12.3 oz)
- 1 medium cauliflower (600 g/ 1.3 lb)
- 4 medium spring onions, sliced (60 g/ 2.1 oz)
- 1/2 cup heavy whipping cream (60 ml/ 2 fl oz)
- 1/2 stick unsalted butter (57 g/ 2 oz)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- sea salt and ground pepper, to taste
- 1/4 cup grated cheddar cheese (28 g/ 1 oz)

Instructions

1. Prepare all the ingredients for the filling.
2. Place your minced lamb and onion in a large non-stick skillet and brown.
3. Add the onion powder and the rosemary and stir through.

4. Add the sliced mushrooms and cook until they start to soften. Add the bbq sauce and coconut aminos and combine well.
5. In a jug, combine the stock and xanthan gum and whisk until well combined.
6. Add to the filling mixture and cook over medium heat until it thickens. Leave to simmer gently while you prepare the colcannon topping.
7. Prepare all the ingredients for the colcannon.
8. Cut the cauliflower into florets. Place cauliflower in a steamer basket over a pot filled with 1-2 cups of water. Bring to a boil and cook for 8-10 minutes. Do not overcook.
9. Meanwhile, remove the tough stems and slice the cabbage. Place the cabbage into a deep pan with 1 tablespoon of ghee, stir to combine with the ghee and cover with a lid.
10. Cook over a medium-low heat for about 5 minutes, or until tender. Add the sliced spring onions and cook for another minute. When done, take off the heat and set aside.
11. When the cauliflower is tender, take off the heat, remove the lid, and let it cool down for 5 minutes.
12. Transfer the cauliflower into a blender, add the cream and butter. Process until smooth.
13. Add the cooked greens and stir through. Preheat your grill or broiler.
14. Place the filling into a serving dish and top with the colcannon. Sprinkle with grated cheese and pop under the grill for a few minutes until the top is browned and crisp.
15. This keto Irish Shepard's Pie can also be prepared in advance and cooked at 180 °C/ 355 °F (fan assisted), or 200 °C/ 400 °F (conventional) for 30 minutes. This dish can also be frozen.

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