

Cauliflower Shepherd's Pie

4 SERVINGS 50 MINUTES



INGREDIENTS

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 03 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 04 Add the meat, and cook until browned.
- 05 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 06 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 07 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 08 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

NOTES

VEGAN AND VEGETARIAN

Use cooked lentils instead of ground meat.