BRITISH · DINNER

Cottage Pie with Cheesy Cauliflower Mash

60 min · Serves 8 · 336 kcal a serve · Video 7:50 · Keto Connect

Nut-free

A beef and vegetable filling under a cheesy cauliflower mash: about 23 g protein and 7 g net carbs a serve, 62% of the energy from fat, and rich in vitamin B12, zinc and vitamin C.

Diet notes: Keto (7.4 g net carbs a serve); Gluten-free with a swap: Use a gluten-free Worcestershire sauce and broth to keep it gluten-free.

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Ingredients 22 · SERVES 8

- [ ] 1 large head **cauliflower**, cut into small florets
- [ ] 2 tbsp **butter**, softened
- [ ] 2 tbsp **cream cheese**, softened
- [ ] 2 tbsp **heavy cream**
- [ ] 2 cloves **garlic** (or garlic powder), for the mash
- [ ] ½ tsp **pink Himalayan salt** (for the mash)
- [ ] ¼ tsp **black pepper** (for the mash)
- [ ] 1 cup shredded (sharp) **cheddar cheese**, divided
- [ ] 1 tbsp **coconut oil** (optional with 80/20 beef)
- [ ] 1½ lb 80/20 **ground beef** (or lamb)
- [ ] ½ cup diced **onion**
- [ ] 2 stalks **celery**, diced
- [ ] 1 large **carrot**, diced
- [ ] 2 cloves **garlic**, minced
- [ ] 1 tsp **dried rosemary**
- [ ] 1 tsp **dried thyme**
- [ ] 1½ tsp **pink Himalayan salt** (for the filling)
- [ ] ½ tsp **black pepper** (for the filling)
- [ ] 1 cup **chicken broth**
- [ ] 2 tbsp **tomato paste**
- [ ] 2 tbsp **Worcestershire sauce**
- [ ] **fresh parsley**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the cauliflower into small florets and steam them in a covered pot with about ½ inch of water until very soft; drain well if any water is left. 0:26
2. Brown the beef in a large frying pan over medium-high heat (in the coconut oil if using), breaking it into crumbles, 5–7 minutes. 1:28
3. Add the onion, celery, carrot, garlic, salt, pepper, rosemary and thyme and cook about 5 minutes until the vegetables soften. Stir in the broth, Worcestershire and tomato paste and simmer about 15 minutes until the sauce thickens. 2:50
4. Heat the oven to 400 °F. Blend the hot cauliflower with the butter, cream cheese, cream, garlic, salt, pepper and half the cheddar until smooth. 4:12
5. Spread the meat in a 2 quart baking dish, spoon the mash over and top with the rest of the cheddar. Bake 25–30 minutes until the peaks brown. Rest a few minutes and scatter with parsley. 5:26

> **Tip** Made with lamb it becomes a true shepherd's pie. In the video the cooks skip the coconut oil because 80/20 beef is fatty enough. Leftovers reheat well for a few days.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
336 kcal	**23 g**	**10 g**
1,410 kJ	45% of a day	7.4 g net · 4.3 g sugars
		4% of a day

FIBRE	FAT	SODIUM
3 g	**23 g**	**890 mg**
11% of a day	12 g saturated	39% of a day
	30% of a day	

Energy from net carbs 9% · protein 28% · fat 63% — fits keto: 7.4 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Vitamin B12 77% · Vitamin C 61% · Zinc 44% · Selenium 31% · Vitamin B6 29% · Vitamin K 27% · Folate 20%

Source of (10–19%) Vitamin A 19% · Iron 16% · Potassium 15% · Calcium 12% · Magnesium 10%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=kMheJ-BXlkE, published 27 June 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cottage-pie-cheesy-cauliflower-mash