

{quick} Shepherd's Pie with Golden Horseradish Mash by Healing Family Eats

If you're watching your FODMAPS, a moderate portion should be fine for you, depending on your tolerance. We are all different. If you're concerned, you may like to use the same quantity of celeriac instead of the white sweet potato, it makes an equally awesome mash!

Serves 6

for the sauce -

- 1 tbsp [coconut oil](#), or other fat
- 1 large stalk celery, finely chopped
- 2 medium carrots, grated
- 1+1/2 lb ground lamb
- 2 tsp [Italian seasoning](#)
- 1 cup [pumpkin purée](#)
- 1+1/4 cups bone broth (made without onions, garlic)
- generous pinch [sea salt](#)

for the mash -

- 1 medium (3/4 lb) yam
- 1 large (3/4 lb) white sweet potato
- pinch [sea salt](#)
- 1 tbsp freshly grated horseradish

Melt the coconut oil into a large pan and add the celery and grated carrot. Cook on a gentle heat for 5 minutes until softened. Add the lamb, turn the heat up to medium and cook for a further 5 minutes, breaking down clumps with a wooden spoon or fork.

Now stir in the pumpkin purée, 1 cup of the broth and a pinch of sea salt. Bring up to a bubble, cover the pan and simmer for 30-35 minutes until the liquid has all but evaporated into a rich, creamy sauce. Add the remaining broth if you feel it needs it. Taste and add more salt if needed.

Meanwhile cook the sweet potatoes and yam in a large pan with an inch worth of water, bring to a simmer and cook for around 10-12 mins until tender. Alternatively cook them in your steamer. Drain the veggies, add your grated horseradish and mash with a masher rather than the food processor, or your mash will turn to gloop.

Put the meat sauce into an 11 x 8 inch dish and spoon over the mash. Grate over more horseradish if you like and put under a hot grill/broiler until browned and bubbling, 6-7 minutes or so.

Serve with a simply dressed green salad or collards sautéed in coconut oil.

This recipe is - **AIP, Paleo, Low FODMAP (see note above)**

