

# Sweet Potato Shepherd's Pie

IDDSI Level 5 / 6

Dinner

Recipe source: Beyond the Blender Dysphagia Cookbook

Time to make: 60 mins

Servings: 6-8

## Dietitian's Top Tips:

If you want to reduce your saturated fat intake, try to buy reduced fat mince or even try turkey mince as a lower fat alternative.

## Ingredients:

3 tbsps oil  
1 brown onion, finely chopped  
2 tsp minced garlic  
1 red chilli, finely chopped  
1 red pepper, skin and seeds removed, diced to 4mm x 4mm  
1kg lamb mince  
¼ cup tomato paste  
3 tps ground cumin  
½ cup tinned chopped tomatoes  
3 sweet potatoes, peeled and chopped into small chunks  
1 tbsp coconut cream  
Salt and pepper to taste



## Instructions:

- Preheat the oven to 180°C.
- Boil sweet potato chunks in saucepan until soft. Drain and set aside.
- Heat 1 tbsp of oil in a frying pan at medium to high heat, adding the onion, garlic, chilli and red pepper, and stirring until softened.
- Add the lamb mince, tomato paste, cumin, salt and pepper. Cook well, browning all over. Ensure no clumps of mince remain.
- Once meat is browned, add chopped tomatoes, turn heat down and simmer for 10 minutes. For Level 5, mash any large chunks of tomato and mincemeat (or transfer to a blender and pulse quickly).
- Place boiled sweet potato into a food processor with remaining oil and coconut cream, blending until smooth. Add salt and pepper to taste.
- Half fill ramekins with the cooked lamb mince, and top with the smooth sweet potato.
- Place in oven for 10 minutes or until sweet potato just begins to brown, and then serve.