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SHEPHERD'S PIE with CELERIAC & BUTTERNUT SQUASH CRUST

ALSO WORKS WELL WITH Sweet Potato / Parsnip / Turnip / Rutabaga

Spiralized / Saves Well / Gluten-Free / Paleo / Dairy-Free

NUTRITIONAL INFORMATION *Per serving* **Calories 308 / Fat 8g / Sat Fat 2g / Sodium 195mg / Carbs 34g / Fiber 6g / Sugar 9g / Protein 29g**

TIME TO PREPARE 15 minutes

TIME TO COOK 40 minutes

SERVES 4

I first tasted shepherd's pie (also known as cottage pie) when I was studying in London. It is classic English comfort food at its finest, which is my favorite type to reinvent. Instead of the mashed potatoes topping the ground meat, I substitute slices of celeriac and butternut squash, which gives this pie a less starchy crust. Each serving still has a little bit of meat and a little bit of topping, true to the original—but with a better nutritional profile!

1 tablespoon extra-virgin olive oil
1 pound ground beef
Fine sea salt and pepper
1 medium onion, chopped
2 carrots, chopped
2 garlic cloves, minced
1 tablespoon tomato paste
¼ teaspoon dried thyme
½ cup frozen peas
¼ cup frozen corn kernels
1 tablespoon arrowroot powder
1 small celeriac, peeled
1 small butternut squash, peeled



Preheat the oven to 425 degrees.

Heat the olive oil in a large skillet over high heat. When the oil is shimmering, add the beef and season with salt and pepper. Cook, breaking up the meat with a wooden spoon as it cooks, until browned, about 7 minutes. Add the onion and carrots and cook until the vegetables have softened, about 7 minutes more. Add the garlic and cook until fragrant, about 30 seconds. Add the tomato paste and cook for 1 minute more, until all the vegetables are coated. Add the thyme, peas, and corn and stir for 1 minute to warm through. Drain any liquid or oil from the beef mixture. Sprinkle the arrowroot powder over the beef and stir to coat. Season with salt and pepper.

Meanwhile, slice the celeriac and butternut squash halfway through lengthwise, being careful not to pierce through the center. Spiralize each vegetable using Blade A to yield chip-like slices. (You can also use a mandoline or sharp knife, if preferred.)

Transfer the beef mixture to a 2-quart baking dish and spread it evenly. Arrange the celeriac and butternut squash slices on top, alternating as you lay them down, to create a crisscross pattern. (You may end up with extra vegetable slices, which you can snack on or save for another use.) Cover with foil and bake for 25 minutes, until the top layer is fork-tender. Uncover and turn the broiler to high. Broil until the top begins to brown, 2 to 3 minutes more.

Slice and serve.

TIP: For something even closer to the classic, try topping the meat with Cauliflower Mash (page 187, not included) instead of this crust.



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