Servings: 4

Ingredients

- 1 small head cauliflower cut into medium florets
- 2 Tbsp. extra virgin coconut oil
- 1 large leek white and light green parts, halved and thinly sliced
- 2 medium shallots thinly sliced
- 1 pound ground beef, lamb or chicken
- 1 Tbsp. minced fresh ginger
- 2 tsp. red curry paste
- Sea salt
- 1 small bunch kale thinly sliced into ribbons
- 1 cup coconut milk divided
- 2 Tbsp. lime juice divided
- 1 pound pumpkin puree

Directions

1. Bring a large pot of salted water to boil. Add the cauliflower florets and cook until fork tender, 6 to 8 minutes.

2. In a large cast iron or ovenproof skillet, heat the coconut oil over medium-high heat. Add the leeks and shallots; sauté until translucent and beginning to brown, 4 minutes. Push the vegetables to the side of the pan and add the ground meat to the center. Brown over high heat, breaking apart with your spatula into bite-sized pieces, until cooked through and charred around the edges, about 7 minutes. Stir in the garlic, ginger, red curry paste and 1/2 teaspoon salt. Cook for two more minutes, until fragrant. Carefully fold in the kale and continue to cook the meat mixture until the greens are wilted. Remove the pan from the heat and add 3/4 cup coconut milk and 1 tablespoon lime juice, scrapping up any brown bits that may have formed on the bottom of the pan while cooking. Set the meat mixture aside.

3. Transfer the cooked cauliflower to a blender with the pumpkin puree, remaining 1/4 cup coconut milk, 1 tablespoon lemon juice, and 1 teaspoon salt. Puree the mixture until very smooth. Taste for seasoning.

4. Spread the meat mixture evenly in the skillet. Scoop the cauliflower pumpkin mash on top and smooth with your spatula so the meat is mostly covered.

5. Preheat the broiler to high. Transfer the skillet to the broiler and cook until the meat is bubbling up the sides and the topping has begun to form a light crust, about 5 minutes. Serve warm.

HEALTHY SHEPHERD'S PIE
w/ Red Curry Beef, Coconut Kale and Pumpkin Mash