

Malay-Inspired Shepherd's Pie

A harmonious fusion of classic British shepherd's pie with vibrant Malay flavors. This healthy and simple dish features spiced ground chicken and fragrant coconut milk mashed potatoes, perfect for 1-2 people in under an hour.


50 min

Total time

Easy

Difficulty

480

kcal / serving

Ingredients

- 200g ground chicken
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 small red chili, deseeded and chopped
- 1/2 tsp turmeric powder
- 1 tsp ground cumin
- 1 tsp coriander powder
- 1 tbsp kecap manis (sweet soy sauce)
- 100ml light coconut milk
- 200g sweet potatoes, peeled and chopped
- 50g cauliflower florets
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh cilantro leaves for garnish

Steps

- 1 Preheat oven to 200°C (390°F).
- 2 Boil sweet potatoes and cauliflower in salted water until tender, about 15 minutes.
- 3 Drain and mash sweet potatoes and cauliflower together with light coconut milk, salt, and pepper. Set aside.
- 4 Heat olive oil in a pan over medium heat. Add chopped onion, garlic, and red chili; sauté until fragrant and translucent.
- 5 Add ground chicken, turmeric, cumin, and coriander powders. Cook until chicken is browned.
- 6 Stir in kecap manis and cook for another 2 minutes. Adjust seasoning with salt and pepper.
- 7 Transfer the spiced ground chicken mixture into a small ovenproof dish.
- 8 Spread the mashed sweet potato and cauliflower mixture evenly over the top.
- 9 Bake in the preheated oven for 15-20 minutes until the top is slightly golden.

Garnish with fresh cilantro leaves before serving.