

Malay-Spiced Shepherd's Pie

A harmonious fusion of traditional British shepherd's pie with vibrant Malay spices and ingredients, creating a healthy and flavorful dish. This recipe blends the comforting texture of mashed potatoes with aromatic rendang-inspired minced meat and sambal-infused vegetables.


50 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- 200g lean ground beef or lamb
- 150g sweet potatoes (for mash)
- 1/4 cup diced onions
- 1 garlic clove, minced
- 1 small red chili, finely chopped
- 1 tbsp sambal oelek
- 1/2 tsp ground turmeric
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1 tbsp reduced-fat coconut milk
- 1/2 cup green beans, chopped
- 1 tbsp soy sauce (low sodium)
- 1 tsp lime juice
- 1 tsp vegetable oil
- Salt and pepper to taste

Steps

- 1 Preheat oven to 200°C (400°F).
- 2 Peel, cube, and boil sweet potatoes until soft (about 15 minutes). Drain and mash with coconut milk, a pinch of salt, and pepper; set aside.
- 3 Heat vegetable oil in a pan over medium heat. Sauté onions, garlic, and red chili until fragrant.
- 4 Add ground beef, breaking it apart. Cook until browned.
- 5 Stir in turmeric, coriander, cinnamon, sambal oelek, and soy sauce. Cook for 5 minutes to develop flavors.
- 6 Add chopped green beans and cook for another 3 minutes until slightly tender.
- 7 Add lime juice, then season with salt and pepper to taste.

- 8 Transfer the meat mixture to a small oven-safe dish. Spread mashed sweet potato evenly on top.
- 9 Bake for 15 minutes or until the top is slightly golden.
- 10 Let cool for a few minutes before serving.