

# Hot Thai pie



1 tbsp organic butter or coconut oil  
2 large white onions, finely chopped  
500g turkey mince/low fat vegetarian mince\*  
2 garlic cloves, finely chopped  
2 shallots, finely chopped  
1 stick fresh lemongrass, minced  
1 tbsp galangal, minced (optional)  
10 cherry tomatoes, chopped  
3 green finger chillis  
5 lime leaves  
1 tsp chilli flakes  
1 x 400ml tin unsweetened coconut milk  
1 large all-purpose potato, cut into 1 inch thick cubes  
1 cauliflower head, grated  
salt and pepper

**SERVES 4**



PER SERVING:  
436 Calories  
**28g Carbs**  
**36g Protein**  
**20g Fat**

*\* **Note:** Some meat free alternatives contain gluten and/or MSG. Please check the label before you buy!*

Melt the butter / oil in a large saucepan and sauté the onion until soft. Add the mince and cook gently until browned. Season well.

Add the garlic, shallots, lemongrass and galangal and cook for one minute. Add the tomatoes, chillis, lime leaves, chilli flakes and most of the coconut milk (reserving a few tablespoons for the mash). Season well and simmer for 10-15 minutes.

Preheat oven to 160°C/325°F.

Bring a saucepan of salted water to the boil and cook the potato for 10 minutes. Add the cauliflower and cook for a further 2 minutes. Drain well, return to the saucepan and mash with a fork. You may want to add a small amount of butter / oil to soften up the mash. When all of the lumps have gone, add the remaining coconut milk and season well. Spoon the mince into a medium sized oven dish. Top with the mash. Cook for 45 minutes and serve.

*Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on the same day.*

