

Shepherd's Pie with Garlic Butter Rice
RECIPE

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<?xml version="1.0"?>

TIME

40 minutes

INGREDIENTS

15 items

MAKES

4 servings

A fresh take on an Irish classic.

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INGREDIENTS

- 1 pouch (290g) Ben's Original™ Bistro Express™ Basmati Rice
- 1 pound (500 g) ground lamb (or beef)
- 1 tbsp (15 mL) olive oil
- 1 small yellow onion, finely diced
- 2 tbsp (30 mL) butter
- 1 medium carrot, finely diced
- 2 cloves garlic, minced
- 2 tbsp (30 mL) tomato paste
- 1 tbsp (15 mL) Worcestershire sauce
- 1/2 cup (125 mL) red wine (or beef broth)
- 1/2 cup (125 mL) beef stock
- 1 sprig thyme
- 1 cup (125 mL) frozen peas
- salt to taste
- black pepper to taste

PRODUCTS USED



BEN'S ORIGINAL™ BISTRO EXPRESS™ Basmati Rice, 250g

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INSTRUCTIONS

1. 1
Prepare the garlic butter rice: Squeeze the Ben's Original Bistro Express™ pouch to separate the grains. In a skillet over medium heat, melt 1 tbsp (30 mL) butter. Add garlic and sauté until fragrant (about 1 minute). Stir in the basmati rice, coating it in the butter, and cook for 1-2 minutes. Mix in the remaining butter, salt, black pepper, then set aside.
2. 2
Cook the filling: Heat olive oil in a pan over medium-high heat. Add ground lamb and cook until browned, breaking it up as it cooks. Drain any excess fat. Stir in onion and cook until translucent. Reduce heat to medium, then add carrots and cook until softened (4-5 minutes}. Stir in garlic and cook for 1 minute, then add tomato paste, Worcestershire sauce, red wine, and beef stock, scraping up any browned bits from the pan. Add thyme, reduce to a gentle simmer, and cook for 10 minutes. Stir in frozen peas, remove thyme sprig, and season to taste.
3. 3
Assemble & bake: Preheat the oven to 400° F (200° C). Spread the lamb filling evenly

in a baking dish. Spoon the garlic butter rice over the top and smooth it into an even layer.

4. 4

Crisp the top: Bake uncovered for 15 minutes, then broil for 2-3 minutes until the rice is golden and slightly crisp on top.

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Cooking time

25 min

Ingredients

9 items

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[Chili Con Carne](#)

Cooking time

40 min

Ingredients

13 items

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[Korean Bibimbap](#)

Cooking time

40 min

Ingredients

17 items

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Cooking time

40 min

Ingredients

9 items

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