

# Cajun Shepherd's Pie with Cream Sauce

Serves: 6

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## Ingredients

4 boneless, skinless chicken thighs  
Cajun seasoning  
Oil  
1.5 lbs sweet potatoes, peeled and cubed  
1/2 lb russet potatoes, peeled and cubed  
2.5 tsp honey  
1/2 cup butter, divided  
1/2 tsp cinnamon  
1 small sweet onion, diced  
1 red bell pepper, diced  
2 stalks celery, diced  
4 cloves minced garlic  
1/2 cup white wine  
4 oz Andouille sausage, diced  
1/4 tsp thyme  
1 cup heavy cream  
1 tsp Cajun seasoning  
1 tbs Italian parsley, chopped  
Salt and pepper to taste

## Directions

1. Preheat oven to 400 F.
2. Heat pan over med high until hot and add a bit of oil. Coat chicken thighs with Cajun Seasoning. Sear chicken on both sides until a nice crust ("blackened") forms. It should be about 1-3 minutes both sides. Place chicken in a baking dish lined with parchment paper and bake for about 15-20 minutes until the chicken is cooked through (to 165F on the inside). When finished cooking, shred chicken. Let it rest in any juices that were caught in the pan when baking.
3. Add the potatoes to cold water and set on high heat. Bring up to a boil. Boil until fork tender. Drain water and add honey, 6 TBS butter, cinnamon, and, salt and pepper to taste. Mash potatoes all together.
4. Add some oil to a pan over med-high heat. Sauté onion, celery, and pepper until onions are translucent. Add in the garlic and sauté for an additional thirty seconds to 1 minute.
5. Divide vegetable mixture in half. Add half to the shredded chicken and mix together. Place in the a glass loaf pan. Top with mashed potato mixture. Use your fork to make a decorative pattern on top of the mash. Bake at 400 F for about 25 minutes or until the potatoes start to brown.
6. Add in wine, sausage, and thyme to other half of vegetable mixture. Allow to reduce by half. Pour in cream and reduce mixture by half again, stirring constantly. Add in butter and some Cajun Seasoning to taste. Stir in parsley. Add salt and pepper to taste.
7. To serve, pour some sauce over a portion of the shepherd's pie and enjoy!



## Notes

- Feel free to add a pinch of chilli flakes or a dash of hot sauce.
- For a vegan version, substitute heavy cream with coconut cream