



UCOOK

Rustic Beef Cottage Pie

with fresh parsley

There's a time for fancy and then there's a time for comforting. This rustic beef cottage pie features an onion & carrot medley, fried until golden. Add browned mince, garlic, NOMU Mexican Spice Blend, cooked chopped tomato, and a rustic mash baked until golden. Homemade, hearty, and a warm hug on a plate.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Simple & Save

 Painted Wolf Wines | The Den Pinotage 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

750g	Baby Potatoes <i>rinse & cut into bite-sized pieces</i>
240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	Onions <i>peel & roughly dice 1½</i>
450g	Beef Mince
30ml	NOMU Mexican Spice Blend
2	Garlic Cloves <i>peel & grate</i>
300g	Cooked Chopped Tomato
8g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)

1. RUSTIC MASH Preheat the oven to 200°C. Place the baby potato pieces and ½ the carrot pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN VEGGIES Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and the remaining carrot pieces until golden, 10-12 minutes (shifting occasionally).

3. TOMATO & GARLIC MINCE Add the mince, the NOMU spice blend, and the grated garlic to the pan and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Pour in the cooked chopped tomato and 150ml of water. Simmer until reduced and the carrots are cooked through, 15-20 minutes (shifting occasionally).

4. BAKE UNTIL GOLDEN Spoon the mince mixture into an ovenproof dish and evenly spread over the rustic mash. Bake in the hot oven until the topping is golden, 8-10 minutes.

5. GARNISH & ENJOY Serve up the beef cottage pie with a sprinkling of chopped parsley.

Nutritional Information

Per 100g

Energy	422kj
Energy	101kcal
Protein	5g
Carbs	10g
of which sugars	2.7g
Fibre	1.5g
Fat	4.1g
of which saturated	1.5g
Sodium	113mg

Allergens

Allium

Eat
Within
3 Days