



UCCOOK

Boschendal's Mexican Chicken Cottage Pie

with pumpkin mash & melted cheddar cheese

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Boschendal Wines

Wine Pairing: Boschendal | Chardonnay Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	394kJ	4825kJ
Energy	94kcal	1154kcal
Protein	4.8g	58.2g
Carbs	8g	100g
of which sugars	2.5g	30.7g
Fibre	2.8g	34.5g
Fat	5.1g	63.1g
of which saturated	1.5g	18g
Sodium	132mg	1623mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Hot

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks
1	1	Chicken Stock Sachet
50g	100g	Corn
1	1	Onion <i>peel & roughly slice ½ [1]</i>
150g	300g	Free-range Chicken Mince
10ml	20ml	Old Stone Mill Mexican Spice
100ml	200ml	Tomato Passata
60g	120g	Black Beans <i>drain & rinse</i>
50g	100g	Cheddar Cheese <i>grate</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
1	1	Lemon <i>rinse, zest & cut into wedges</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Milk (optional)

Butter (optional)

1. ROAST & PREP Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. STOCK Boil the kettle. Dilute ½ [1] of the stock with 100ml [200ml] of boiling water and set aside.

3. CHARRED CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MEXICAN MINCE Return the pan to medium-high heat with a drizzle of oil. Fry the onion until soft, 4-5 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned and caramelised, 4-5 minutes (shifting occasionally). Mix in the Mexican spice (to taste) and fry until fragrant, 1-2 minutes. Add the diluted stock and the tomato passata. Simmer until reduced and thickening, 10-12 minutes.

5. MASH UP! Place the roasted pumpkin in a bowl with a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork and cover. Leave the oven on for Step 6.

6. OH-MY COTTAGE PIE When the mince mixture has reduced, stir through the black beans. Season, add a sweetener, and remove from the heat. Spoon into an ovenproof dish, evenly spread over the mash, and sprinkle with the cheese. Bake in the hot oven until the topping is golden, 7-8 minutes. In a salad bowl, toss the avocado, corn, a squeeze of lemon juice, lemon zest (all to taste), and seasoning.

7. DINNER'S READY Spoon up some spiced cottage pie and side with the corn salad. Get eating, Chef!