

UCCOOK

Oh-my Mexican Cottage Pie

with beef mince, gem squash mash & melted cheddar cheese

Savoury free-range wagyu beef mince is nestled beneath a golden blanket of gem squash mash. As it bakes, the kitchen fills with irresistible aromas. Crowned with melted cheese, each bite is a flavour-packed fiesta.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

 Painted Wolf Wines | The Den Pinotage 2022

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Ingredients & Prep

1	Gem Squash
10g	Sunflower Seeds
5ml	Beef Stock
1	Onion <i>peel & finely dice ½</i>
150g	Free-range Wagyu Beef Mince
10ml	Mexican Spice
100g	Cooked Chopped Tomato
40g	Corn
60g	Black Beans <i>drain & rinse</i>
50g	Grated Mozzarella & Cheddar Cheese
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. GEM MASH Preheat the oven to 200°C. Boil the kettle. Place the gem squash in a pot over high heat and submerge in water. Once boiling, cook until easily pierced through with a knife, 20-25 minutes. Remove from the pot and cut in half. Scoop out the seeds and discard, then scoop out the flesh and place in a bowl. Add a knob of butter (optional) or a drizzle of olive oil and seasoning. Mash with a fork until smooth, cover, and set aside.

2. ROAST & PREP Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 60ml of boiling water and set aside.

3. MEXICAN MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). 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 and fry until fragrant, 1-2 minutes. Add the diluted stock and the cooked chopped tomato. Simmer until reduced and thickening, 6-7 minutes.

4. 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.

5. OH-MY COTTAGE PIE When the mince mixture has reduced, stir through the drained black beans. Season, add a sweetener (to taste), and remove from the heat. Spoon into an ovenproof dish and evenly spread over the gem squash mash. Sprinkle over the cheese mix and bake in the hot oven until the topping is golden, 7-8 minutes. Toss the rinsed leaves with the charred corn, a drizzle of olive oil, and seasoning.

6. DINNER'S READY Spoon up some spiced cottage pie, side with the corn salad, and garnish with the toasted seeds. Get eating!

Nutritional Information

Per 100g

Energy	435kJ
Energy	104kcal
Protein	5.8g
Carbs	7g
of which sugars	2g
Fibre	1.6g
Fat	5.8g
of which saturated	2.4g
Sodium	132mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days