



# UCCOOK

## Boschendal's Mexican Chicken Cottage Pie

with pumpkin mash & melted cheddar cheese

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Boschendal Wines

**Wine Pairing:** Boschendal | Chardonnay Pinot Noir

<b>Nutritional Info</b>	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 3	[Serves 4]	
600g	800g	Pumpkin Chunks
2	2	Chicken Stock Sachets
150g	200g	Corn
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
450g	600g	Free-range Chicken Mince
30ml	40ml	Old Stone Mill Mexican Spice
300ml	400ml	Tomato Passata
180g	240g	Black Beans <i>drain &amp; rinse</i>
150g	200g	Cheddar Cheese <i>grate</i>
2	2	Avocados <i>cut in half &amp; roughly dice 1½ [2]</i>
1	1	Lemon <i>rinse, zest &amp; 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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. STOCK** Boil the kettle. Dilute 1½ [2] of the stock with 300ml [400ml] 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, 4-5 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 onions until soft, 6-7 minutes. Add the mince and work quickly to break it up as it starts to cook. Fry until browned and caramelised, 5-6 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, 12-15 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, 8-10 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!