



UCCOOK

Oh-my Mexican Cottage Pie

with beef mince, butternut mash & melted cheddar cheese

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	541kj	3884kj
Energy	129kcal	929kcal
Protein	7.2g	51.7g
Carbs	9g	67g
of which sugars	2.2g	16.1g
Fibre	2.2g	16.1g
Fat	6.5g	46.9g
of which saturated	2.8g	20.2g
Sodium	155mg	1113mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut Chunks <i>cut into bite-sized pieces</i>
10g	20g	Pumpkin Seeds
5ml	10ml	Beef Stock
1	2	Spring Onion/s <i>rinse, finely slice, keeping the white & green parts separate</i>
150g	300g	Beef Mince
10ml	20ml	NOMU Mexican Spice Blend
100g	200g	Cooked Chopped Tomato
50g	100g	Corn
60g	120g	Black Beans <i>drain & rinse</i>
50g	100g	Grated Mozzarella & Cheddar Cheese
20g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter (optional)
Seasoning (salt & pepper)
Milk (optional)

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

2. SEEDS & STOCK Boil the kettle. Place the pumpkin seeds in a deep pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 60ml [125ml] 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 spring onion whites until soft, 1-2 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 NOMU spice blend 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. MASH UP! Place the roasted butternut 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 mix. Bake in the hot oven until the topping is golden, 7-8 minutes. Toss the green leaves and the corn with a drizzle of olive oil and seasoning.

7. DINNER'S READY Spoon up some spiced cottage pie and side with the corn salad. Garnish with the seeds and the spring onion greens. Get eating!