



UCOOK

Carb Conscious Cottage Pie

with beef mince, butternut mash & an almond crust


Cottage pie is the king of comfort! Here's a healthier spin on the scrumptious family classic: beef mince with a low-carb topping of soft butternut mash, golden ground almonds and melted cheese. Food for the soul!

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Tess Witney

 Carb Conscious

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

250g	Butternut <i>peeled & cut into bite-size chunks</i>
150g	Free-range Beef Mince
1	Garlic Clove <i>peeled & grated</i>
5ml	NOMU Italian Rub
120g	Carrot <i>peeled (optional) & grated</i>
100g	Cooked Chopped Tomato
80g	Peas
20g	Green Leaves <i>rinsed</i>
15ml	Grated Italian-style Hard Cheese
15ml	Ground Almond
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. BUTTER ME UP Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the butternut chunks in a colander over the pot. Cover with a lid and steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

2. IT'S WHAT'S ON THE INSIDE THAT COUNTS Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, add in the beef mince and work quickly to break it up. Allow to cook for 5-6 minutes until browned, shifting occasionally. Mix in the grated garlic and rub and fry for 1-2 minutes, stirring constantly. Add the grated carrot and fry for 2-3 minutes until soft, shifting occasionally. Reduce to a low heat and stir in the cooked chopped tomatoes and 40ml of water. Simmer for 10-15 minutes until reduced and thickened.

3. THE GREEN LIGHT Submerge the peas in hot water for 2-3 minutes until heated through. Drain on completion and place in a bowl with the rinsed green leaves. Toss through a drizzle of oil, season, and set aside for serving.

4. MASH & CRUMB Once the butternut has steamed, transfer to a bowl with half of the grated hard cheese and a knob of butter or drizzle of oil. Mash until smooth and season to taste. Toss the remaining grated cheese with the ground almonds to form the crumb.

5. THE BAKE OFF Once the mince mixture has thickened, remove from the heat and season to taste with salt, pepper, and a sweetener of choice. Transfer to an ovenproof dish and flatten into an even layer. Spread the butternut mash over the top and evenly sprinkle with the crumb. Bake in the hot oven for 10-12 minutes until golden. During the final 2-3 minutes, turn on the grill setting for an extra crunchy crust, but keep an eye on it so it doesn't burn!

6. NO LIE, THIS IS THE BEST COTTAGE PIE! Spoon a generous helping of cottage pie onto a plate and sprinkle over the fresh, chopped parsley. Serve with the green salad on the side. Get ready for guilt-free indulgence!

Nutritional Information

Per 100g

Energy	433kj
Energy	103Kcal
Protein	5.7g
Carbs	8g
of which sugars	2.8g
Fibre	2.3g
Fat	4.9g
of which saturated	1.7g
Sodium	79mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days