



UCOOK

Homey Shepherd's Pie

with gem squash mash & quinoa flakes

Try our delicious spin on a family favourite; underneath a crust of quinoa flakes and a layer of carb-conscious gem squash mash lies succulent lamb mince in a spicy tomato sauce. The pinnacle of cosy and nourishing comfort food!

Hands-on Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

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Ingredients & Prep

1	Gem Squash
1	Onion <i>½ peeled & finely diced</i>
150g	Free-range Lamb Mince
1	Garlic Clove <i>peeled & grated</i>
10ml	Medium Curry Powder
100g	Cooked Chopped Tomato
50g	Peas
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10g	Flaked Almonds
15ml	BIO XXI Quinoa Flakes
20g	Italian-style Hard Cheese <i>grated</i>
20g	Green Leaves <i>rinsed</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. Place the gem squash in a pot. Fully submerge in water, place over high heat, and bring to the boil. Cook for 20-25 minutes until easily pierced through with a knife. 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 small knob of butter or a drizzle of oil and season. Mash with a fork until the flesh is smooth. Return to the pot and cover to keep warm.

2. FRAGRANT FILLING Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 2-3 minutes until soft, shifting occasionally. Add the mince and work quickly to break it up. Caramelize for 4-5 minutes until browned, shifting occasionally. Add the grated garlic and the curry powder. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in the cooked chopped tomato and 100ml of water. Reduce the heat and simmer for 10-12 minutes until thickened, stirring occasionally. During the final minute, add the peas and ½ the chopped parsley.

3. NUTS ABOUT ALMONDS Place the flaked almonds in a pan over medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan.

4. SO KEEN, YA! Return the pan to medium-high heat. When hot, add the quinoa flakes and toast for 1-2 minutes until lightly browned. Remove from the heat and add the grated cheese and some seasoning. Mix until combined and set aside.

5. GOLDEN DELICIOUS When the mince mixture has thickened, season with a sweetener of choice, salt, and pepper. Remove from the heat. Spoon into an ovenproof dish and evenly spread the gem squash mash over the top. Sprinkle over the toasted quinoa flakes mix. Bake in the hot oven for 8-10 minutes until browned – keep a close eye on it to make sure it doesn't burn!

6. QUICK SALAD In a bowl, combine the rinsed green leaves, the toasted almonds, a drizzle of oil, and seasoning.

7. EAT IT UP! Plate up a generous helping of the shepherd's pie. Sprinkle over the remaining parsley and side with the fresh salad. Go on, Chef... Indulge!

Nutritional Information

Per 100g

Energy	500kj
Energy	120kcal
Protein	8.2g
Carbs	7g
of which sugars	2.1g
Fibre	2.4g
Fat	6.3g
of which saturated	2.2g
Sodium	68mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook
within 3
Days