



UCOOK

Oh My Scrumptious Cottage Pie

**with mouthwatering beef mince & creamy
sweet potato carrot mash**

The perfect combination of cosy and nourishing! A Paleo-friendly spin on a family favourite; under a crust of cheese and carb-conscious sweet potato carrot mash, succulent flavourful mince awaits. Warm your soul with this nostalgic dish.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

♥ Health Nut

🍷 Fat Bastard | The Golden Reserve

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
240g	Carrot <i>peeled, ½ cut into bite-sized chunks & ½ finely diced</i>
5ml	Beef Stock
1	Celery Stalk <i>rinsed & finely chopped</i>
1	Onion <i>½ peeled & roughly diced</i>
150g	Free-range Beef Mince
1	Garlic Clove <i>peeled & grated</i>
20ml	Cottage Pie Pizazz <i>(15ml Tomato Paste & 5ml Worcestershire Sauce)</i>
200g	Cooked Chopped Tomato
50g	Peas
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
15ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. STEAMY SWEET POTATO 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. Place the sweet potato chunks and carrot chunks in a colander over the pot. Leave to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Dilute the stock with 40ml of boiling water.

2. MAKE THE FILLING Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the chopped celery, diced carrot and diced onion for 2-3 minutes until soft. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 4-5 minutes until browned, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant. Stir in the cottage pie pizazz, cooked chopped tomato, and diluted stock. Reduce the heat and simmer for 10-12 minutes until reduced and thickened, stirring occasionally. During the last minute, mix through the peas and ½ the chopped mint until heated through.

3. WHILE THE SAUCE IS SIMMERING... Once the sweet potato and carrot have finished steaming, discard the water and return to the pot. Add in a splash of water or milk (optional), the grated cheese, and a knob of butter or coconut oil (optional). Mash with a fork (or potato masher) until smooth and combined. Season to taste and set aside.

4. ASSEMBLE THE GOODNESS When the mince mixture has reduced, season and add a sweetener of choice to taste. Remove from the heat and spoon into an ovenproof dish. Evenly spread the sweet potato mash over the top. Scrape some patterns on the mash with a fork if you're feeling fancy! Bake in the hot oven for 7-8 minutes until the mash is starting to brown — keep a close eye on it to make sure it doesn't burn! Remove from the oven on completion.

5. COMFORTING NOURISHMENT Plate up a generous helping of cosy cottage pie and sprinkle over the remaining chopped mint. Go on, Chef... Indulge!

Nutritional Information

Per 100g

Energy	345kj
Energy	82Kcal
Protein	4g
Carbs	9g
of which sugars	4.2g
Fibre	2.1g
Fat	3g
of which saturated	1.1g
Sodium	90mg

Allergens

Egg, Dairy, Allium, Sulphites, Soy

Cook
within 3
Days