



# U C O O K

— COOKING MADE EASY

## COMFORTING COTTAGE PIE

**with ostrich mince & melted mozzarella**

Cottage pie: the king of Cosy! Here's an even healthier and more delicious spin on a family classic with its lean, succulent ostrich mince and a carb conscious sweet potato mash.

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**Hands-On Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Tess Witney

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**Health Nut**

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## Ingredients & Prep

20ml	Beef Stock
1kg	Sweet Potato peeled & cut into bite-size chunks
2	Onions peeled & diced
600g	Ostrich Mince
480g	Carrots peeled (optional) & grated
3	Garlic Cloves peeled & grated
800g	Cooked Chopped Tomato
80g	Green Leaves rinsed
30ml	NOMU Italian Rub
60ml	Tomato Paste
200g	Grated Mozzarella

## From Your Kitchen

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

### 1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

### 2. 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 in a colander over the pot and steam for 25-30 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

### 3. MAKE THE FILLING

Dilute the stock with 100ml of boiling water. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 5-6 minutes until soft and translucent. Add in the mince and work quickly to break it up. Allow to caramelize for 7-8 minutes until browned, stirring occasionally. Add the grated garlic and Italian Rub and fry for 1-2 minutes. Add the grated carrot and fry for 3-4 minutes until soft, shifting occasionally. Stir in the tomato paste, cooked chopped tomatoes, and diluted stock. Simmer for 10-12 minutes until reduced and thickened. Stir in seasoning and a sweetener of choice to taste.

### 4. MASH IT UP!

Mash the steamed sweet potato with a knob of butter (optional) and half of the grated mozzarella cheese. Season to taste.

### 5. GOLDEN GOODNESS

Time to assemble the cottage pie! Spoon the mince into an ovenproof dish and evenly spread the sweet potato mash over the top. Sprinkle with the remaining mozzarella. Bake in the oven for 10-15 minutes until the topping is golden, keeping a close eye on it.

### 6. TOSS THE SALAD

Just before serving, toss the rinsed green leaves through a drizzle of olive oil.

### 7. ENJOY SOME COMFORT!

Plate up a generous helping of healthy cottage pie with the fresh green leaves on the side. Go on, Chef... Indulge!



## Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption, reducing blood sugar spikes and keeping you feeling fuller for longer!

## Nutritional Information

Per 100g

Energy (kj)	364kj
Energy (kcal)	87kcal
Protein	5g
Carbs	10g
of which sugars	4g
Fibre	2g
Fat	3g
of which saturated	1g
Salt	1g

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days