

UCOOK

Beef Cottage Pie

with fresh parsley

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

Nutritional Info	Per 100g	Per Portion
Energy	402kJ	2972kJ
Energy	96kcal	711kcal
Protein	5g	36.9g
Carbs	10g	74g
of which sugars	2.6g	18.9g
Fibre	1.9g	13.8g
Fat	4g	29.7g
of which saturated	1.6g	11.6g
Sodium	23mg	126mg

Allergens: Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into bite-sized pieces*
120g	120g	Carrot *rinse, trim, peel & cut into bite-sized pieces*
1	1	Onion *peel & roughly dice*
150g	300g	Beef Mince
10ml	20ml	NOMU Taco Mex Mix
1	1	Garlic Clove *peel & grate*
100g	200g	Cooked Chopped Tomato
3g	5g	Fresh Parsley *rinse, pick & finely chop*

From Your Kitchen

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

1. RUSTIC MASH Preheat the oven to 200°C. Place the potato and ½ of the carrot in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. GOLDEN VEGGIES Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the remaining carrot until golden, 8-10 minutes (shifting occasionally).

3. TOMATO & GARLIC MINCE Add the mince, NOMU spice blend, and the garlic to the pan and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Pour in the cooked chopped tomato and 100ml [200ml] of water. Simmer until reduced and the carrots are cooked through, 10-15 minutes (shifting occasionally). Remove from the heat, add a sweetener (to taste) and seasoning.

4. BAKE UNTIL GOLDEN Spoon the mince mixture into an ovenproof dish and evenly spread over the rustic mash. Bake in the hot oven until the topping is golden, 7-8 minutes.

5. GARNISH & ENJOY Serve up the beef cottage pie with a sprinkling of parsley.