



UCOOK

Oh-my Mexican Beef Cottage Pie

**with beef strips, gem squash mash &
melted cheddar cheese**

Time to spice up the classic cottage pie with Mexican spice, a gem squash mash topping, and a hue of golden-baked cheese melted over. Made with a rich beef stock, beef rump strips, cooked chopped tomato & kidney beans. Served with sweet corn & charred spinach.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

Painted Wolf Wines | The Den Pinotage

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Ingredients & Prep

1	Gem Squash
10g	Sunflower Seeds
5ml	Beef Stock
150g	Beef Rump Strips
1	Onion <i>peel & finely dice</i>
10ml	Old Stone Mill Mexican Spice
100g	Cooked Chopped Tomato
60g	Kidney Beans <i>drain & rinse</i>
40g	Mozzarella Cheese <i>grate</i>
40g	Corn
40g	Spinach <i>rinse & roughly shred</i>

From Your Kitchen

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

1. GEM MASH Boil the kettle. Preheat the oven to 200°C. Place the gem squash in a pot over high heat and submerge in water. Once boiling, cook until easily pierced through with a knife, 20-25 minutes. 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 knob of butter (optional) or a drizzle of olive oil and seasoning. Mash with a fork until smooth, cover, and set aside.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the stock with 60ml of boiling water and set aside.

3. BROWN THE BEEF STRIPS Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the heat and cut into bite-sized pieces.

4. MAKE THE COTTAGE PIE Return a pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Mix in the Mexican spice and fry until fragrant, 1-2 minutes. Add the diluted stock and the cooked chopped tomato. Simmer until reduced, 6-7 minutes. Add the cubed meat, and the rinsed beans. Season, add a sweetener (to taste), and remove from the heat. Spoon into an ovenproof dish and evenly spread over the gem squash mash. Sprinkle over the grated cheese mix and bake in the hot oven until the topping is golden, 7-8 minutes.

5. SWEET CORN & SPINACH Return a pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). In the final 2-3 minutes, add the shredded spinach and fry for the remaining time. Remove from the pan, season, and set aside.

6. SET THE TABLE Spoon up some spiced cottage pie, side with the corn & spinach, and garnish with the toasted seeds. Get eating!

Nutritional Information

Per 100g

Energy	401kj
Energy	96kcal
Protein	6.7g
Carbs	6g
of which sugars	2g
Fibre	1.9g
Fat	3g
of which saturated	1.1g
Sodium	145mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
5 Days