

QCOOK

Masala Chicken Cottage Pie

with a charred baby marrow salad

Hands-on Time: 50 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	267kj	2043kj
Energy	64kcal	489kcal
Protein	4.6g	35.1g
Carbs	5g	37g
of which sugars	2g	14g
Fibre	1g	11g
Fat	2.6g	20g
of which saturated	1.2g	9.1g
Sodium	46.1mg	353.3mg

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Gem Squash
1	1	Onion <i>peel & roughly dice ½ [1]</i>
150g	300g	Free-range Chicken Mince
7.5ml	15ml	Spice & All Things Nice Tikka Curry Paste
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cooked Chopped Tomato
50ml	100ml	Coconut Milk
100g	200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
20g	40g	Green Leaves <i>rinse</i>
10g	20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. GEM SQUASH Preheat the oven to 200°C. Place the gem squash in a pot, submerge in water, and place over high heat. 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. Season and mash with a fork until smooth.

2. COCO-TOMATO CURRY CHICKEN Place a pan over medium heat with a drizzle of oil (if necessary). When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook, 4-5 minutes (shifting occasionally). Add the curry paste, the ginger, the garlic and fry until fragrant, 30-60 seconds (shifting constantly). Pour in the chopped tomato, the coconut milk along with 50ml [100ml] of water and a sweetener (to taste). Simmer until reduced and slightly thickening, 8-10 minutes (shifting occasionally). Season and remove from the heat.

3. INTO THE OVEN Place the saucy chicken mixture into an ovenproof dish and cover with a layer of the gem squash mash. Place in the oven and bake until golden, 6-7 minutes.

4. VEGGIE OVERLOAD Place a clean pan over medium-high heat with a drizzle of oil. Fry the baby marrows until charred, 3-4 minutes. In the final minute, add the spring onion. Remove from the heat and season. In a separate bowl, combine the green leaves, the peppers, and season. Toss through the charred marrows before serving.

5. A GREAT PLATE Plate up the generous chicken pie and serve the charred marrow salad alongside.