

UCCOOK

Beef Cottage Pie

with carrot & golden-baked mash topping

Welcome to comfort food central! This English classic has a rich savoury beef mince filling packed with aromatics and topped with creamy mashed potato, baked until golden. It's a wholesome, satisfying family favourite.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Otten

 ***NEW Simple & Save**

 **Waterkloof | Peacock Cabernet Sauvignon**

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized pieces</i>
5ml	Beef Stock
120g	Carrot <i>peeled & finely diced</i>
1	Onion <i>½ peeled & roughly diced</i>
150g	Beef Mince
1	Garlic Clove <i>peeled & grated</i>
105ml	Passata Sauce <i>(100ml Tomato Passata & 5ml Worcestershire Sauce)</i>

From Your Kitchen

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

1. MAKE THE MASH Boil the kettle and preheat the oven to 200°C. Place the potato pieces into a pot of salted water. Bring to the 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. Mash with a fork, season, and cover.

2. FOR THE FILLING Whilst the potatoes are cooking, dilute the stock with 40ml of boiling water and mix until dissolved. Place a pan with a lid over medium-high heat with a drizzle of oil. When hot, fry the diced carrot and diced onion until soft and the onion starts to caramelise, 4-5 minutes. Add in the mince and work quickly to break it up as it starts to cook. Allow to cook until browned, 4-5 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 2-3 minutes. Stir in the passata sauce, the diluted stock and 5ml of sweetener. Place the pan lid at a slant, and reduce the heat. Simmer until reduced and thickened, 10-12 minutes (stirring occasionally).

3. ASSEMBLE THE GOODNESS When the mince mixture has reduced, remove from the heat and spoon into an ovenproof dish. Evenly spread the potato mash over the top. Scrape some patterns on the mash with a fork if you're feeling fancy! Bake in the oven until the mash is starting to brown, 7-8 minutes. In the final 1-2 minutes, turn the oven onto the grill setting for some golden colour. Remove and set aside to cool slightly.

4. COMFORTING NOURISHMENT Plate up a generous helping of cosy cottage pie. Go on, Chef... Indulge!

Nutritional Information

Per 100g

Energy	407kJ
Energy	97kcal
Protein	5.2g
Carbs	10g
of which sugars	2.5g
Fibre	1.7g
Fat	4.2g
of which saturated	1.6g
Sodium	257mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days