



U C O O K

— COOKING MADE EASY

CARB-CONSCIOUS COTTAGE PIE

**with ostrich mince, butternut mash & a
ground almond crust**

Cottage pie: the king of comfort! Here's an even healthier spin on the delicious family classic with its lean ostrich mince and low-carb toppings: soft butternut mash and a golden crust of ground almonds and melted cheese.

Hands-On Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Tess Witney



Health Nut

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Ingredients & Prep

1kg	Butternut Chunks
2	Onion <i>peeled & diced</i>
600g	Free-Range Ostrich Mince
3	Garlic Clove <i>peeled & grated</i>
40ml	NOMU Italian Rub
960g	Carrot <i>peeled (optional) & grated</i>
400g	Cooked Chopped Tomatoes
120g	Peas
80g	Green Leaves <i>rinsed</i>
60ml	Grated Italian-Style Hard Cheese
60ml	Ground Almonds
10g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. STEAM THE BUTTERNUT 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. Once steaming, place the butternut chunks in a colander over the pot. Cover with a lid and allow to steam for 25-30 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

2. COTTAGE PIE FILLING Place a large, nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 4-5 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, shifting occasionally. Add the grated garlic and Italian Rub and fry for 1-2 minutes, stirring constantly. Add the grated carrot and fry for 3-4 minutes until soft, shifting occasionally. Reduce to a low heat and stir in the cooked chopped tomatoes and 120ml of water. Simmer for 15-18 minutes until reduced and thickened. Stir in some seasoning and a sweetener of choice to taste. Remove from the heat on completion.

3. GREEN FRESHNESS Submerge the peas in hot water for 2-3 minutes until heated through. Drain on completion and place in a bowl with the rinsed green leaves. Toss through a drizzle of oil, season to taste, and set aside for serving.

4. LOW-CARB MASH & CRUMB Once the butternut has steamed, place in a bowl with a knob of butter or a drizzle of oil and half of the grated cheese. Mash until smooth and season to taste. Mix the remaining grated cheese with the ground almonds to form the crumb.

5. ASSEMBLE & BAKE Transfer the mince mixture to an ovenproof dish and flatten into an even layer. Spread the butternut mash over the top and evenly sprinkle with the crumb. Bake in the hot oven for 12-15 minutes until the top is golden, keeping a close eye on it. For the final 2-3 minutes, turn on the grill setting for an extra-caramelised crust!

6. GET COSY... Spoon a generous helping of guilt-free cottage pie onto a plate and sprinkle over the fresh, chopped parsley. Serve with the garden salad on the side. Go on, Chef – indulge!



Chef's Tip

Butternut has high levels of vitamin C, vitamin E, and beta-carotene – all antioxidants that reduce inflammation and cell damage. With its naturally sweet flavour, butternut is delicious roasted, steamed, mashed with butter or coconut oil, or even grated and made into fritters!

Nutritional Information

Per 100g

Energy	342kJ
Energy	82Kcal
Protein	5.1g
Carbs	9g
of which sugars	3.1g
Fibre	2.2g
Fat	2.6g
of which saturated	0.6g
Sodium	103mg

Allergens

Egg, Dairy, Allium, Tree Nuts

Cook
within 3
Days