



U C O O K

— COOKING MADE EASY

COMFORTING COTTAGE PIE

with ostrich mince & melted mozzarella

Cottage pie: the king of Cosy! Here's an even healthier and more delicious spin on a family classic with its lean, succulent ostrich mince and a carb conscious sweet potato mash.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

150g	Ostrich Mince
15ml	Tomato Paste
250g	Sweet Potato peeled & cut into bite-size chunks
7.5ml	NOMU Italian Rub
120g	Carrots peeled (optional) & grated
1	Onion one half peeled & diced
1	Garlic Clove peeled & grated
5ml	Beef Stock
20g	Green Leaves rinsed
50g	Grated Mozzarella
200g	Cooked Chopped Tomato

From Your Kitchen

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

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. STEAMY SWEET POTATO 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. Place the sweet potato chunks in a colander over the pot and steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one.

3. MAKE THE FILLING Dilute the stock with 40ml of boiling water. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion for 2-3 minutes until soft and translucent. Add in the mince and work quickly to break it up. Allow to caramelize for 4-5 minutes until browned, stirring occasionally. Add the grated garlic and Italian Rub and fry for 1-2 minutes. Add the grated carrot and fry for 1-2 minutes until soft, shifting occasionally. Stir in the tomato paste, cooked chopped tomatoes, and diluted stock. Simmer for 5-7 minutes until reduced and thickened. Stir in seasoning and a sweetener of choice to taste.

4. MASH IT UP! Mash the steamed sweet potato with a knob of butter (optional) and half of the grated mozzarella cheese. Season to taste.

5. GOLDEN GOODNESS Time to assemble the cottage pie! Spoon the mince into an ovenproof dish and evenly spread the sweet potato mash over the top. Sprinkle with the remaining mozzarella. Bake in the oven for 7-8 minutes until the topping is golden, keeping a close eye on it.

6. TOSS THE SALAD Just before serving, toss the rinsed green leaves through a drizzle of olive oil.

7. ENJOY SOME COMFORT! Plate up a generous helping of healthy cottage pie with the fresh green leaves on the side. Go on, Chef... Indulge!



Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption, reducing blood sugar spikes and keeping you feeling fuller for longer!

Nutritional Information

Per 100g

Energy (kj)	364kj
Energy (kcal)	87kcal
Protein	5g
Carbs	10g
of which sugars	4g
Fibre	2g
Fat	3g
of which saturated	1g
Salt	1g

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days