



UCOOK

Vegan Plant-based Mince Cottage Pie

with fresh parsley & golden breadcrumbs

My, my, it's time for some cottage pie, Chef! This vegan version stands up to any traditional recipe, with a golden dome of baked mash potato covering a mouthwatering medley of browned Green Fields vegan mince dotted with carrot, silky onion & coated in a tomato sauce. Finished with panko breadcrumbs and fresh parsley.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

Muratie Wine Estate | Muratie Alberta
Annemarie Merlot 2019

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Ingredients & Prep

1	Garlic Clove <i>peel & grate</i>
200g	Potato <i>rinse, peel & cut into small bite-sized pieces</i>
50ml	Panko Breadcrumbs
120g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
1	Onion <i>peel & roughly dice ½</i>
150g	Green Fields Vegan Mince
10ml	NOMU Spanish Rub
100g	Cooked Chopped Tomato
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. MAKE THE MASH Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 30-60 seconds. Remove from the pan. 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 ½ of the cooked garlic, a knob of vegan butter (optional), and a splash of water or vegan milk. Mash with a fork, season, and cover.

2. GOLDEN CRUMBS Return the pan to medium heat with a drizzle of oil. Add the breadcrumbs and toast until golden, 2-3 minutes. Remove from the pan.

3. FOR THE FILLING While the potatoes are cooking, return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the diced carrot and diced onion until lightly golden, 4-5 minutes. Add in the mince and work quickly to break it up as it starts to cook. Allow to cook until lightly browned, 3-4 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds.

4. SAUCE Add the cooked chopped tomato, the remaining cooked garlic, and 100ml of water to the pan. Simmer until reduced and thickening, 8-10 minutes. Remove from the heat, add seasoning, and a sweetener (to taste).

5. COTTAGE PIE Spoon the loaded mince 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 starting to brown, 8-10 minutes. In the final 1-2 minutes, turn the oven onto the grill setting for some golden colour.

6. DINNER IS READY Plate up the cottage pie, top with a sprinkle of the golden breadcrumbs, and garnish with the chopped parsley. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	4.9g
Carbs	14g
of which sugars	2.8g
Fibre	2.6g
Fat	1.7g
of which saturated	0.1g
Sodium	182mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
4 Days