



# UCOOK

## Rustic Beef Cottage Pie

with fresh parsley

There's a time for fancy and then there's a time for comforting. This rustic beef cottage pie features an onion & carrot medley, fried until golden. Add browned mince, garlic, NOMU Mexican Spice Blend, cooked chopped tomato, and a rustic mash baked until golden. Homemade, hearty, and a warm hug on a plate.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Megan Bure

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Simple & Save

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 Painted Wolf Wines | The Den Pinotage 2022

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## Ingredients & Prep

250g	Baby Potatoes <i>rinse &amp; cut into bite-sized pieces</i>
120g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; roughly dice ½</i>
150g	Beef Mince
10ml	NOMU Mexican Spice Blend
1	Garlic Clove <i>peel &amp; grate</i>
100g	Cooked Chopped Tomato
3g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Butter (optional)

**1. RUSTIC MASH** Preheat the oven to 200°C. Place the baby potato pieces and ½ the carrot pieces in a pot of salted water. Bring to a 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 (optional). Mash with a fork, season, and cover.

**2. GOLDEN VEGGIES** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and the remaining carrot pieces until golden, 8-10 minutes (shifting occasionally).

**3. TOMATO & GARLIC MINCE** Add the mince, the NOMU spice blend, and the grated garlic to the pan and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Pour in the cooked chopped tomato and 50ml of water. Simmer until reduced and the carrots are cooked through, 10-15 minutes (shifting occasionally).

**4. BAKE UNTIL GOLDEN** Spoon the mince mixture into an ovenproof dish and evenly spread over the rustic mash. Bake in the hot oven until the topping is golden, 7-8 minutes.

**5. GARNISH & ENJOY** Serve up the beef cottage pie with a sprinkling of chopped parsley.

## Nutritional Information

Per 100g

Energy	422kj
Energy	101kcal
Protein	5g
Carbs	10g
of which sugars	2.7g
Fibre	1.5g
Fat	4.1g
of which saturated	1.5g
Sodium	113mg

## Allergens

Allium

Eat  
Within  
3 Days