



UCOOK

A Very Veggie Cottage Pie

with potato carrot mash & falafel “mince”

The ultimate balance of flavour and nourishment! A veggie-friendly spin on a family favourite! Underneath a layer of creamy potato & carrot mash, lies a succulent and flavoursome layer of falafel mince and a smooth tomato sauce. Warm your soul while you reward your tastebuds!

Hands-on Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Laborie Estate | Laborie Chardonnay 2023

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
120g	Carrot <i>rinse, trim, peel & ½ cut into bite-sized pieces & ½ finely dice</i>
55g	Outcast Classic Falafel Mix
1	Celery Stalk <i>rinse & roughly chop</i>
1	Onion
1	Garlic Clove <i>peel & grate</i>
20ml	Cottage Pie Pizazz <i>(5ml Worcestershire Sauce & 15ml Tomato Paste)</i>
200g	Cooked Chopped Tomato
50g	Peas
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. MASH Preheat the oven to 200°C. Boil a full kettle. Place the carrot and potato pieces in a pot of salted water. Bring to the boil and cook until soft, 25-30 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. REHYDRATE In a bowl, combine the falafel mix, a pinch of salt, and 100ml of boiling water. Mix, but not for longer than 30 seconds. Cover and set aside for at least 10 minutes.

3. ASSEMBLE THE GOODNESS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chopped celery, diced carrot and diced onion until soft, 2-3 minutes (shifting occasionally). Add in the rehydrated falafel mixture and work quickly to break it up as it starts to cook. Allow to fry until crisping up, 4-5 minutes shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes. Stir in the cottage pie pizazz, the cooked chopped tomato and 200ml of water (adding more if necessary). Simmer until reduced and thickened, 10-12 minutes (stirring occasionally). During the last minute, mix through the peas, seasoning, a sweetener, and 1/2 the chopped parsley.

4. FINISH UP When the mince mixture has reduced, spoon into an ovenproof dish. Evenly spread the veg mash over the top. Bake in the oven until the mash is starting to brown, 7-8 minutes — keep a close eye on it to make sure it doesn't burn!

5. A LITTLE COTTAGE ON YOUR PLATE! Plate up a generous helping of cozy cottage pie and sprinkle over the remaining chopped parsley. Go on, Chef... indulge!

Nutritional Information

Per 100g

Energy	323kj
Energy	77kcal
Protein	3.2g
Carbs	14g
of which sugars	3.5g
Fibre	4.5g
Fat	0.5g
of which saturated	0.1g
Sodium	125mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 5
Days