



UCCOOK

Easy-Cheesy Cottage Pie

with beef mince, a sweet potato mash topping & melted mozzarella

Cosy and nourishing, cottage pie is king! We've given this family classic an even more delicious spin with a carb-conscious sweet potato mash to smother its succulent mince and tomato centre, laced with garlic and herbs.

Hands-On Time: 50 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Tess Witney

 Health Nut

 Lanzerac Estate | Syrah

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Ingredients & Prep

1kg	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
20ml	Beef Stock
2	Onions <i>peeled & diced</i>
720g	Carrot <i>peeled (optional) & finely diced</i>
600g	Free-range Beef Mince
4	Garlic Cloves <i>peeled & grated</i>
30ml	NOMU Italian Rub
60ml	Tomato Paste
800g	Cooked Chopped Tomato
200g	Grated Mozzarella
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. STEAMY SWEET POTATO Preheat the oven to 200°C. Boil a full 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. Dilute the stock with 100ml of boiling water.

2. MAKE THE FILLING Place a large, nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the diced onion and carrot for 5-6 minutes until soft. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 7-8 minutes until browned, shifting occasionally. Add the grated garlic and Italian Rub, and fry for 1-2 minutes until fragrant. Stir in the tomato paste, cooked chopped tomato, and diluted stock. Simmer for 10-12 minutes until reduced and thickened, stirring occasionally.

3. WHILE THE SAUCE IS SIMMERING... Once the sweet potato has finished steaming, discard the water and return to the pot. Add ½ of the mozzarella, a splash of water or milk, and knob of butter or coconut oil (optional). Mash with a fork or potato masher until smooth and combined. Season to taste and set aside. Toss a drizzle of oil through the rinsed green leaves, season, and set aside for serving.

4. ASSEMBLE THE GOODNESS When the mince mixture has reduced, season to taste with salt, pepper, and a sweetener of choice. Remove from the heat and spoon into an ovenproof dish. Evenly spread the sweet potato mash over the top and sprinkle with the remaining mozzarella. Bake in the oven for 10-15 minutes until the topping is golden, keeping a close eye on it to make sure it doesn't burn. Remove from the oven on completion.

5. COMFORTING NOURISHMENT Plate up a generous helping of cosy cottage pie and side with the dressed leaves. Go on, Chef... Indulge!



Chef's Tip

The carrot skin adds flavour, texture, and nutrients, but can be removed if you prefer!

Nutritional Information

Per 100g

Energy	398kJ
Energy	95Kcal
Protein	4.6g
Carbs	10g
of which sugars	4.2g
Fibre	2.1g
Fat	4.1g
of which saturated	1.8g
Sodium	171mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days