



# UCOOK

## Ancient Grain Cottage Pie

with butternut mash & fresh parsley

Healthy, light, wholesome comfort food for the body and soul? On a sparkling spring day? Try to refuse our silky butternut mash on top of quinoa mince that's been laced with lentils, carrot, spinach and celery, and sprinkles of fresh parsley. Try.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Vegetarian

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 Haute Cabrière | Chardonnay Unwooded

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## Ingredients & Prep

|       |   |
|-------|---|
| 75ml  | Red Quinoa  |
| 250g  | Butternut<br><i>deseeded, peeled &amp; cut into bite-sized pieces</i> |
| 15ml  | Nutritional Yeast   |
| 5ml   | Vegetable Stock   |
| 60g   | Lentils<br><i>drained &amp; rinsed</i>                                |
| 1     | Onion<br><i>½ peeled &amp; finely diced</i>                           |
| 1     | Celery Stalk<br><i>rinsed &amp; finely sliced</i>                     |
| 1     | Garlic Cloves<br><i>peeled &amp; grated</i>                           |
| 7,5ml | NOMU One For All Rub  |
| 60g   | Carrot<br><i>peeled, trimmed &amp; grated</i>                         |
| 200g  | Cooked Chopped Tomato   |
| 50g   | Spinach<br><i>rinsed &amp; roughly shredded</i>                       |
| 3g    | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i>          |

## From Your Kitchen

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

**1. GET THAT QUINOA GOING** Boil the kettle for step 3. Preheat the oven to 220°C. Rinse the quinoa and place in a pot with 200ml of salted water and give it a stir. Place over a medium-high heat and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

**2. BEAUTIFUL BUTTERNUT** Place a pot with the butternut pieces in salted water over a high heat, and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion and place in a bowl. Mash with a potato masher or fork until desired consistency. Then, stir through a splash of milk, milk alternative or water, a knob of butter or coconut oil, and ½ of the nutritional yeast. Season and set aside for serving.

**3. "FINCE"** Dilute the stock with 100ml of boiling water. Place a separate pot on a high heat with a drizzle of oil. When hot, fry the drained lentils for 2-3 minutes until crisping up, shifting occasionally. Add in the diced onions and sliced celery, reduce to medium heat and continue to fry for 3-4 minutes until soft and translucent, shifting occasionally. Stir through the grated garlic, One For All rub, grated carrot, and a pinch of salt and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the diluted stock and cooked chopped tomato. Reduce the heat and simmer for 10-12 minutes until thickened and saucy. Season with a sweetener of choice, and some salt and pepper. Add the cooked quinoa and shredded spinach and stir until the quinoa is coated and the spinach has wilted.

**4. GOLDEN FINALE** Place the quinoa mixture into an oven-proof dish. Evenly spread over the butternut mash and sprinkle over the remaining nutritional yeast. If you're feeling fancy, take a fork and draw some patterns on to the mash! Pop in the oven and bake for 5-6 minutes until the mash is turning brown.

**5. LIGHT INDULGENCE** Plate up a generous helping of the quinoa cottage pie. Sprinkle over the chopped parsley and dig in!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 368kJ  |
| Energy             | 88Kcal |
| Protein            | 4.4g   |
| Carbs              | 16g    |
| of which sugars    | 3.5g   |
| Fibre              | 3.7g   |
| Fat                | 0.6g   |
| of which saturated | 0g     |
| Sodium             | 184mg  |

## Allergens

Allium, Sulphites

Cook  
within  
4 Days