



UCOOK

Perfectly Paleo Cottage Pie

with sweet potato and carrot mash, ostrich mince & melted cheddar

The king of cosy and nourishing! We've given this family classic a Paleo spin with a carb-conscious sweet potato and carrot mash to smother its succulent Ostrich mince and tomato centre, topped with a golden crust of melted cheddar cheese.

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Tami Schrire



Health Nut



No paired wines

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Ingredients & Prep

250g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
240g	Carrot <i>peeled, ½ cut into bite-sized chunks & ½ finely diced</i>
5ml	Beef Stock
1	Celery Stalk <i>rinsed & finely chopped</i>
1	Onion <i>½ peeled & roughly diced</i>
150g	Free-range Ostrich Mince
1	Garlic Clove <i>peeled & grated</i>
20ml	Umami Cocktail Sauce <i>(15ml Tomato Paste & 5ml Worcestershire Sauce)</i>
200g	Cooked Chopped Tomato
40g	Peas
50g	Grated Mature Cheddar
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. STEAMY SWEET POTATO Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Place the sweet potato chunks and carrot chunks in a colander over the pot. Leave to steam for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Dilute the stock with 40ml of boiling water.

2. MAKE THE FILLING Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the chopped celery, diced carrot and diced onion for 2-3 minutes until soft. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelize for 4-5 minutes until browned, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant. Stir in the umami-cocktail sauce, cooked chopped tomato, and diluted stock. Simmer for 10-12 minutes until reduced and thickened, stirring occasionally. During the last minute, mix through the peas until heated through.

3. WHILE THE SAUCE IS SIMMERING... Once the sweet potato and carrot have finished steaming, discard the water and return to the pot. Add ½ of the grated cheddar, 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.

4. ASSEMBLE THE GOODNESS When the mince mixture has reduced, season and add a sweetener of choice to taste. Remove from the heat and spoon into an ovenproof dish. Evenly spread the sweet potato mash over the top and sprinkle with the remaining cheddar. Bake in the hot oven for 7-8 minutes until the topping is golden – keep 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 sprinkle over the chopped parsley. Go on, Chef... Indulge!

Nutritional Information

Per 100g

Energy	350kj
Energy	84Kcal
Protein	5.1g
Carbs	9g
of which sugars	4.2g
Fibre	1.9g
Fat	2.8g
of which saturated	1.2g
Sodium	155mg

Allergens

Dairy, Allium, Sulphites, Soy

Cook
within
4 Days