



# 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.

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Tess Witney

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 Health Nut

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 Lanzerac Estate | Syrah

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## Ingredients & Prep

|       |  |
|-------|--|
| 250g  | Sweet Potato<br><i>peeled &amp; cut into bite-sized chunks</i> |
| 5ml   | Beef Stock   |
| 1     | Onion<br><i>one ½ peeled &amp; diced</i>                       |
| 240g  | Carrot<br><i>peeled (optional) &amp; finely diced</i>          |
| 150g  | Free-range Beef Mince  |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                     |
| 7,5ml | NOMU Italian Rub   |
| 15ml  | Tomato Paste   |
| 200g  | Cooked Chopped Tomato  |
| 50g   | Grated Mozzarella  |
| 20g   | Green Leaves<br><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 the 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 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 diced onion and carrot for 2-3 minutes until soft. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelise for 4-5 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 5-7 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 7-8 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