



UCOOK

Oh-My Mexican Cottage Pie

with melted cheese, carb-conscious gem squash mash & corn

Gem squash is a snazzy, low-carb mash alternative. Pair this silky treasure with spiced ostrich mince and black beans smothered in melted cheese, and you have Mexican flair in your dining room chair!


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tami Schrire

 Health Nut

 Steenberg Vineyards | Catharina Red Blend

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Ingredients & Prep

1	Gem Squash
10g	Pumpkin & Sunflower Seed Mix
5ml	Beef Stock
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
150g	Free-range Ostrich Mince
10ml	Mexican Spice Blend
100g	Cooked Chopped Tomato
1	Corn On The Cob <i>silks removed</i>
60g	Black Beans <i>drained & rinsed</i>
50g	Grated Cheddar & Mozzarella
20g	Green Leaves <i>rinsed</i>
1	Lime <i>½ cut into wedges</i>

From Your Kitchen

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

1. SOME SQUASH & SOME PREP Preheat the oven to 200°C on the grill setting. Place the gem squash in a pot, submerge in water, and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced with a knife. Boil the kettle. Place a deep pan over a medium heat. When hot, toast the seeds for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Dilute the stock with 60ml of boiling water and set aside.

2. GET OUT THAT FRYING PAN Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the white spring onion slices for 1-2 minutes until soft. Add 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. Mix in the Mexican spice blend to taste, the stock, and the cooked chopped tomato. Simmer for 6-7 minutes until reduced.

3. IN THE MEANTIME... Place a pan that has a lid over a medium-high heat with a splash of water to cover the base. Once simmering, pop the desilked corn cob in the pan and cover with the lid. Cook for 4-5 minutes until the water has evaporated. Remove the lid, and add a drizzle of oil and a knob of butter (optional). Fry for a further 4-5 minutes until cooked through and golden, turning as it colours. Remove the pan from the heat, replace the lid, and set aside for serving.

4. IT'S A MASH UP! When the gem squash is cooked, halve it and discard the seeds. Scoop the flesh into a bowl, and add a small knob of butter or a drizzle of oil. Mash with a fork until the flesh is smooth and the butter has melted (if used). Season and set aside.

5. LOADED WITH FLAVOUR When the mince mixture has reduced, stir through the drained black beans. Season to taste with salt, pepper, and a sweetener of choice, and remove from the heat. Spoon into an ovenproof dish, evenly spread over the mash, and sprinkle with the cheese mix. Bake in the oven for 7-8 minutes until the topping is golden, watching closely to make sure it doesn't burn. Toss the rinsed green leaves with a drizzle of oil, the lime juice to taste, and some seasoning.

6. GUILT-FREE INDULGENCE Spoon up some spiced cottage pie, and side with the leaves and corn. (If you prefer, slice off the kernels and scatter them across the pie.) Garnish with the seeds, green spring onion slices, and any remaining lime wedges. Help yourself!



Chef's Tip

Instead of discarding the gem squash skin, you can crisp it up and eat it with your meal! Roughly slice it and either pop it in the oven for 10-13 minutes, or pan fry it for 5-6 minutes.

Nutritional Information

Per 100g

Energy	456kj
Energy	109Kcal
Protein	8.1g
Carbs	8g
of which sugars	2.3g
Fibre	2.2g
Fat	5g
of which saturated	1.9g
Sodium	278mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days