



# 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.

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**Hands-On Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Tami Schrire

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 **Health Nut**

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 **No paired wines**

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## Ingredients & Prep

|      |                                                                                    |
|------|------------------------------------------------------------------------------------|
| 750g | Sweet Potato<br><i>peeled &amp; cut into bite-sized chunks</i>                     |
| 720g | Carrot<br><i>peeled, ½ cut into bite-sized chunks &amp; ½ finely diced</i>         |
| 15ml | Beef Stock                                                                         |
| 3    | Celery Stalks<br><i>rinsed &amp; finely chopped</i>                                |
| 2    | Onions<br><i>1½ peeled &amp; roughly diced</i>                                     |
| 450g | Free-range Ostrich Mince                                                           |
| 3    | Garlic Cloves<br><i>peeled &amp; grated</i>                                        |
| 60ml | Umami Cocktail Sauce<br><i>(45ml Tomato Paste &amp; 15ml Worcestershire Sauce)</i> |
| 600g | Cooked Chopped Tomato                                                              |
| 120g | Peas                                                                               |
| 150g | Grated Mature Cheddar                                                              |
| 12g  | Fresh Parsley<br><i>rinsed, picked &amp; 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 20-25 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Dilute the stock with 80ml 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 3-4 minutes until soft. Add in the mince and work quickly to break it up as it starts to cook. Allow to caramelize for 5-6 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 12-15 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 8-10 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