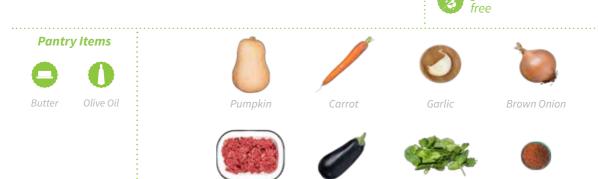


Middle Eastern Cottage Pie with Pumpkin & Carrot Mash

This cottage pie with a Middle Eastern twist is a colourful slice of bright orange mash and even brighter flavours. The addition of eggplant adds a rich, moist profile to this sumptuous filling.

Prep: 15 mins Cook: 40 mins Total: 55 mins gluten



Beef Mince

Faanlan

Baby Spinach Leaves Moroccan Spice Mix

OUR PHOTO CONTEST

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QTY	Ingredients		Ingredient features in another recipe		
1 portion	pumpkin, skin removed & chopped into 3 cm chunks				
2	carrots, peeled & chopped into 3 cm chunks		* Pantry Items		
1 tbs	butter *				
1 tbs	olive oil *		Pre-preparation Nutrition per serve		
2 cloves	garlic, peeled & crushed				
1/2	brown onion, finely chopped				
1 packet	beef mince		Energy	1400	Kj
1	eggplant, cut into 1 cm cubes	0	Protein	30	g
1 bag	baby spinach leaves, washed		Fat, total -saturated	16.3 6.5	g
1 sachet	Moroccan spice mix		Carbohydrate	14.1	g
I Sachet	Moloccali spice mix		-sugars	11	g
					0



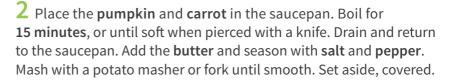
You will need: You will need: chef's knife, chopping board, garlic crusher, box grater, vegetable peeler, colander, large saucepan, potato masher or fork, large frying pan with a lid, wooden spoon and medium oven-proof dish.

Sodium

257

mg

Preheat the oven to 220°C/200°C fan-forced. Bring a large saucepan of water to the boil.



3 Meanwhile, heat the **olive oil** in a large frying pan over a mediumhigh heat. Add the **garlic** and **brown onion** and cook for **3-4 minutes**, or until soft and tender. Add the **beef mince** and cook, breaking apart with a wooden spoon, for **5-6 minutes**, or until browned and slightly crispy. Stir in the **eggplant**, half the **baby spinach leaves** and the **Moroccan spice mix** for **2-3 minutes**. Cover with a lid and continue cooking for a further **7-8 minutes**, or until the eggplant has softened. Season with salt and pepper and remove from the heat.

4 Transfer the beef mince mixture into a medium oven-proof dish and spread the mash over the top. Season with salt and pepper. Bake in the oven for **15 minutes**, until the mash is slightly crispy.

5 To serve, divide the Middle Eastern style cottage pie between plates with the remaining baby spinach, dressed with olive oil. Enjoy!

Did you know? Garlic is native to central Asia.





