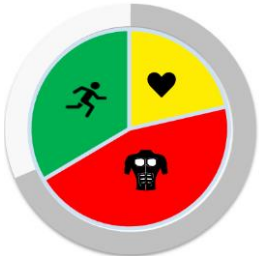




# SWEET POTATO COTTAGE PIE

**SERVES 1    PREP ~ 15mins    SUITABLE FOR:** Gluten Free

This healthy Cottage Pie makes you feel warmed & cosy even on the coldest of evenings.. It provides a balanced meal that is Lean Muscle dominant, but it is suitable for most occasions. This version is healthier than the standard fair as it has numerous vegetables and the sweet potato lowers the glycaemic index of the dish. If you wish to reduce calories and saturated fat content, you can swap the beef for turkey, but beef is a good source of iron, creatine and B-Vitamins.



## NUTRITION INFO

**Health Score 7.2.** High in Vit B2, Vit A, Vit C & Vit E

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
617.4	46.8g	23.6g (26.2%)	63g	16.2g	6.4g (30%)	14g (36.8%)

## INGREDIENTS

250g Lean Minced Beef  
1 Beef Stock cube  
1 Medium Onion  
2 Carrots  
1 Celery Stalk  
115g Sweet Potato  
2 Tbsp. Tomato Puree

## METHOD

- 1, Peel & chop sweet potato into cubes and boil until soft
- 2, Dice the carrot & celery, place in a pan with beef stock cube
- 3, Cook until the veg is tender then remove (keep the beef stock)
- 4, Add the mince to a pan and fry with the onion (break up any lumps of mince)
- 5, Add tomato puree, celery and carrot to a pan
- 6, Pour in half the stock and simmer for 5 minutes
- 7, Mash the sweet potato
- 8, Pour the beef mix into a dish and then top with sweet potato mash
- 9, Place in the oven at 180 degrees for 25-30 minutes add lemon & seasoning to taste

