THE LIGHTER PLATE METHOD

Butternut Squash Cottage Pie

A lighter cottage pie topped with sweet squash purée instead of potato mash.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**30 min**	**45 min**	**4**	**EASY**

Ingredients

- 300 g beef mince (or shredded chicken)
- 1 tomato (peeled, seeded and chopped)
- 1 small onion (chopped)
- 2 cloves garlic (chopped)
- 0.5 medium butternut squash (peeled and cubed)
- 1 tbsp olive oil

Method

1. Sauté half the onion and garlic in olive oil, add the squash with a splash of water, cover and cook until soft.
2. Mash or blend the squash until smooth. Season and set aside.
3. In another pan, sauté the remaining onion and garlic, add the mince and cook until browned, then stir in the tomato.
4. Divide the meat between bowls or a baking dish and top with the squash purée.

Tips & swaps

- Bake for 15 minutes at 200°C if you'd like a browned top.

Storage & reheating

Keeps in the fridge for 3 days or freezes well.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
300	**20g**	**18g**	**16g**	**4g**

Estimated values, for guidance only.