THE LIGHTER PLATE METHOD

Sweet Potato, Squash & Ginger Cottage Pie

A warmly spiced double-veg mash — ginger and thyme sautéed first, then blended into the topping — over a rich tomato lamb ragù.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
20 min	**30 min**	**50 min**	**4**	**MEDIUM**

Ingredients

- 150 g cooked sweet potato
- 150 g cooked butternut squash
- 10 g unsalted butter
- 1 pinch sea salt and black pepper
- 1 heaping tsp ground ginger
- 2 sprigs fresh thyme
- 200 g lamb mince (sautéed)
- 60 g passata

Method

1. Sauté the thyme with the ginger in a little butter for a minute, until fragrant.
2. Add the cooked sweet potato and squash and mash together to a purée, then season and set aside.
3. Brown the lamb mince in a separate pan, then stir in the passata and simmer for 5 minutes.
4. Spread half the mash in a baking dish, cover with the lamb filling, then top with the remaining mash.
5. Press down well and bake at 220°C (fan 200°C) for about 30 minutes, until lightly golden.

Tips & swaps

- Beef mince works just as well as lamb if that's what you have.
- The ginger and thyme combination is what sets this apart from a standard cottage pie — don't leave it out.

Storage & reheating

Keeps in the fridge for 3 days or freezes well.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**18g**	**22g**	**18g**	**4g**

Estimated values, for guidance only. Contains: Milk.