



Cottage pie with Quorn mince

READY IN



45 min.

SERVINGS



3

CALORIES



629 kcal

Ingredients

- 750 g potatoes peeled chopped
- 25 g butter
- 3 tbsp milk
- 1 tbsp parsley dried
- 400 g quorn mince
- 1 medium onion finely chopped
- 1 bay leaves
- 2 carrots finely chopped
- 4 garlic clove crushed
- 2 to 2 chillies slit green finely chopped

- 2 tsp ground cumin
- 1 tbsp rosemary leaves fresh chopped
- 400 g canned tomatoes chopped canned
- 200 ml water
- 1 bouillon cubes canned (You can use chicken or beef if you wish)
- 1 eggs beaten
- 3 servings salt and pepper to taste
- 3 servings cooking oil

Equipment

- frying pan
- sauce pan
- oven

Directions

- Add the stock cube to 200 ml of boiling water and keep aside to dissolve.
- Bring a saucepan of water to a boil.
- Add the potatoes and cook until tender – around 15 to 20 minutes.
- Drain the potatoes, remove in the saucepan and mash till smooth.
- Add the butter, parsley and milk, mixing thoroughly. (
- Add more milk if required)
- Preheat the oven to 200 C. In a large frying pan, heat a tablespoon of oil.
- Add the onion, carrots, garlic, green chillies and the bay leaf and fry for 4–5 minutes on medium heat.
- Add the frozen Quorn mince and the cumin powder and cook for further 5 minutes. Then add in the tomatoes, chopped rosemary and stock. Bring to a boil and turn off the heat.
- Remove the bay leaf and transfer the Quorn mince to an oven proof dish in a single layer.
- Add the mashed potatoes on the top, covering the quorn mince and fluff the mash layer with a fork. Lightly brush the surface with a beaten egg. Cook in the oven for 20–25 minutes.

* You can also add a layer of grated cheese on top of the potatoes. Skip the egg if using cheese.

Nutrition Facts



PROTEIN 18.87% **FAT 37.13%** **CARBS 44%**

Properties

Glycemic Index:106.19, Glycemic Load:37.41, Inflammation Score:-10, Nutrition Score:32.836956521739%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 24.03mg, Apigenin: 24.03mg, Apigenin: 24.03mg, Apigenin: 24.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.6mg, Isorhamnetin: 3.6mg, Isorhamnetin: 3.6mg, Isorhamnetin: 3.6mg Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg, Kaempferol: 2.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Taste

Sweetness: 40.91%, Saltiness: 100%, Sourness: 28.92%, Bitterness: 23.86%, Savoriness: 26.99%, Fattiness: 77.81%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 629.21kcal (31.46%), Fat: 27.72g (42.65%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 73.91g (24.64%), Net Carbohydrates: 56.4g (20.51%), Sugar: 14.17g (15.74%), Cholesterol: 74.33mg (24.78%), Sodium: 1268.24mg (55.14%), Protein: 31.7g (63.4%), Vitamin A: 7444.2IU (148.88%), Vitamin C: 72.39mg (87.74%), Fiber: 17.51g (70.03%), Vitamin B6: 1.14mg (56.87%), Potassium: 1735.14mg (49.58%), Manganese: 0.91mg (45.71%), Iron: 6.42mg (35.68%), Magnesium: 137.68mg (34.42%), Vitamin K: 35.38µg (33.69%), Vitamin E: 4.87mg (32.45%), Copper: 0.6mg (29.88%), Phosphorus: 274.73mg (27.47%), Vitamin B1: 0.38mg (25.25%), Vitamin B3: 4.93mg (24.64%), Folate: 81.49µg (20.37%), Calcium: 187.91mg (18.79%), Vitamin B2: 0.3mg (17.59%), Vitamin B5: 1.59mg (15.95%), Zinc: 1.66mg (11.06%), Selenium: 7.73µg (11.04%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.46µg (3.06%)