



Lightened up Cottage Pie With Golden Mash for 2

 **Gluten Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



2

CALORIES



475 kcal

Ingredients

- 4 teaspoons brown gravy mix
- 0.5 medium carrots grated
- 1 stick celery finely chopped
- 250 g ground beef lean
- 2 tablespoons parsley fresh chopped
- 1 garlic clove crushed
- 0.5 teaspoon pepper fresh black
- 2 servings pepper fresh

- 2 teaspoons butter light (I used Logicol)
- 0.5 small onion diced finely
- 2 tablespoons parmesan cheese grated
- 0.8 cup peas green frozen (I use)
- 350 g potatoes chopped (2 medium)
- 300 g pumpkin peeled seeded chopped
- 2 servings salt
- 1 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons tomato sauce (ktchup)
- 1 cup water
- 2 teaspoons worcestershire sauce

Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Put the meat, celery, carrot, onion and garlic in a heavy based frying pan and cook over medium heat until the meat changes colour and the veg are softened–this took about 10 minutes.
- Add the sauces, herbs and water; bring to the boil and cook a further 10 minutes.
- Add in the peas for a few minutes.
- Mix the gravy mix with a tablespoon or two of extra water, then stir this through the meat mix.Allow it to thicken and cook for a couple more minutes, then remove from the heat and stir through the half teaspoon of black pepper and the chopped parsley.
- Pour into a 6 cup baking dish.Meanwhile while all that was happening, you should have cooked your potatoes and pumpkin in a pot of lightly salted water until tender (this should take about 20 minutes).

Drain and mash with the butter and salt and pepper. Top the meat mix in the baking dish with the mash and sprinkle the parmesan cheese over the top.

Bake in a moderate oven until bubbling, golden and heated right through.

Nutrition Facts

PROTEIN 31.02% **FAT 21.11%** **CARBS 47.87%**

Properties

Glycemic Index:240.96, Glycemic Load:32.43, Inflammation Score:-10, Nutrition Score:45.023913264275%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 9.19mg, Apigenin: 9.19mg, Apigenin: 9.19mg, Apigenin: 9.19mg Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 474.81kcal (23.74%), Fat: 11.35g (17.47%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 47.58g (17.3%), Sugar: 11.95g (13.27%), Cholesterol: 87.07mg (29.02%), Sodium: 620.86mg (26.99%), Alcohol: 0g (100%), Protein: 37.54g (75.08%), Vitamin A: 16405.71IU (328.11%), Vitamin K: 109.51µg (104.29%), Vitamin C: 80.21mg (97.23%), Vitamin B6: 1.32mg (65.77%), Potassium: 2110.77mg (60.31%), Zinc: 8.54mg (56.91%), Vitamin B3: 11.36mg (56.81%), Phosphorus: 537.42mg (53.74%), Manganese: 1.01mg (50.37%), Vitamin B12: 2.87µg (47.9%), Iron: 8.24mg (45.78%), Fiber: 10.33g (41.33%), Selenium: 26.16µg (37.38%), Vitamin B2: 0.58mg (33.94%), Copper: 0.68mg (33.82%), Magnesium: 125.74mg (31.44%), Folate: 121.26µg (30.32%), Vitamin B1: 0.45mg (30.29%), Vitamin B5: 2.06mg (20.55%), Calcium: 203.41mg (20.34%), Vitamin E: 3mg (19.99%), Vitamin D: 0.2µg (1.33%)