

Bridget's Davis' Healthy Cottage Pie

Ingredients:

Cauliflower Mash

1. 5 Garlic Cloves, Skin on
2. 400g Raw Cauliflower Florets
3. Himalayan Salt and freshly ground black pepper
4. 2 tsp finely chopped fresh rosemary leaves
5. Pinch of Nutmeg
6. Pinch of Cumin

Beef + Onion Filling

1. 3 Tbsp + 1 tsp Tamari
2. 1 Medium Onion, Finely Chopped
3. 3 Cloves raw garlic, minced
4. 200g lean beef mince
5. 1 tbsp ground cumin
6. 1 tbsp ground coriander
7. 2 tsp finely chopped rosemary leaves
8. 200ml water

Method:

1. Preheat the oven to 220c and place the garlic cloves on a piece of foil and wrap like a little parcel. Place the garlic in the oven and roast for 20 minutes, or until cloves are soft. Remove from the oven and set aside.
2. Place the cauliflower florets in medium sized pot with just enough water to cover and season with a teaspoon of salt. Bring the water to the boil and then turning down the heat until the water is rapidly simmering, cook the cauliflower for 12-15 minutes or until very tender.
3. Drain the cooked cauliflower from the water, and keep warm in the pot with a lid on it.
4. Cook the mince by heating a large frying pan on medium to high heat with a teaspoon of tamari. Quickly add the onions and raw garlic and stir fry for 2-3 minutes. Add the mince and using a wooden spoon, break up the beef into small pieces. Season well with salt and pepper.
5. Allow the mince to cook for 5 minutes, stirring frequently and then add the coriander powders along with the chopped rosemary. Stir in well.
6. Stir the remaining 3 tablespoons of tamari into the water and add the liquid to mince. At this stage it may look like you are making mince soup, but don't be concerned! As the liquid reduces down it creates a wonderfully tasty gravy which will be the base of our pie.
7. Cook the liquid down for about 10 minutes or until it has formed a thick gravy. Taste for flavour, adding more salt and pepper to taste. Turn off the pan, and keep warm.

8. Finish off the cauliflower mash by placing the cooked florets into a small powerful blender along with the flesh squeezed from the roasted garlic cloves. Season with salt and pepper and add the rosemary leaves along with the nutmeg and cumin. Blend till very smooth.
9. Place the warm mince in the bade of a small pie dish or bowl and top with the wonderfully smooth cauliflower mash. Eat whilst warm!

