



Gem Cottage Pie

You need:

- 500g lean mince (free range)
- 2x onion – medium (finely chopped)
- 2x tomato – medium
- 2x gems
- 2 tbsp oil
- spices

Calories/s:

334

Prep time

20-25 min

Servings (s)

4

Cook time: Bake for 20 min.

Method:

- Preheat the oven to 180°C.
- Boil gems until soft (20-25 min).
- Cook only the onion & tomato (until soft).
- Add mince and spices.
- Then add the cooked mince mix to an oven dish.
- Cut gems open and remove seeds.
- Use a fork to remove the flesh of the gems and mash it up.
- Place the mashed gems on top of the mince mix. •

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	1397 kj 334 kcal
Protein	28.92g
Carbohydrates	11.85g
Sugar	3.97g
Fat	19.71g
Saturated Fat	6.785g
Trans Fat	0.750g
Polyunsaturated Fat	1.451g
Monounsaturated Fat	10.109g
Cholesterol	75mg
Fiber	1.7g
Sodium	83mg
Potassium	196mg

Created by Anri from her FitFoodSMART Recipe eBook click [here!](#) To buy

Copyright 2021 Anri van Rooyen

