

# gem cottage pie

Recipe from our [Lean Lifestyle Plan](#)

## you need:

- 500g free range lean mince
- 2x onions (finely diced)
- 2x medium tomatoes
- 2x gem squashes
- spices to taste (pepper, salt, chili flakes, paprika, mixed herbs etc)
- 2 tbsp oil for cooking - coconut/olive



**calories/s:** 334  
**servings (s)** 4

**prep time** 20-25 min  
**cook time** 20 min

## Method

- Preheat the oven to 180°C
- Cook only the onion & tomato (until soft)
- Add mince and spices
- Add the cooked mince mix to an oven dish
- Boil gems until soft (20-25 min)
- 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
- Bake for 20 min

## Nutrition Facts

Serving Size	per meal
Per serve	
<b>Energy</b>	<b>1397 kJ</b> 334 kcal
<b>Protein</b>	<b>28.92g</b>
<b>Carbohydrates</b>	<b>11.85g</b>
Sugar	3.97g
<b>Fat</b>	<b>19.71g</b>
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

