1 hour

Serves 6

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Ingredients:

- 3 Tbsp (45ml) olive oil
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 cloves garlic, crushed
- 500g ostrich mince
- 2 sprigs rosemary
- 1 can (400g) lentils, drained
- 1 Tbsp (15ml) tomato paste
- 1 can (400g) chopped tomatoes
- ½ cup (125ml) beef stock
- 1 tsp (5ml) sugar
- Salt and milled pepper
- 2 heads (about 300g each) cauliflower
- Pinch ground nutmeg

Method:

- 1. Heat 1 Tbsp (15ml) oil in a large pan and sauté onion until soft.
- 2. Add carrots and cook for a few more minutes.
- 3. Add garlic and fry until fragrant.
- 4. Add mince and rosemary, stirring to break up any lumps.
- 5. Cook for 10 minutes.
- 6. Add lentils, tomato paste, tomatoes, stock and sugar, then cover and simmer for 30 minutes and season.
- 7. Steam cauliflower until tender.
- 8. Purée cauliflower with nutmeg and remaining olive oil until smooth.
- 9. Spoon mince into an ovenproof dish, spread cauliflower mash on top and bake for 20

minutes or until golden.

10. Serve hot out of the oven.