

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.