



## TRAINING DAY MEAL

# Sweet potato cottage pie

## INGREDIENTS (1 serving)

### FREEZABLE

- 5g (0.2oz) coconut oil
- 365g (12.8oz) extra lean ground beef mince
- 50g (1.8oz) onion, chopped
- 100g (3.6oz) tomatoes, chopped
- 1 stock cube
- small handful oregano - optional
- 250g (8.9oz) sweet potato, peeled and cut into 2cm cubes
- 110g (4oz) 0% fat Greek yogurt
- pinch of nutmeg - optional
- 165g (5.8oz) green vegetables (spinach, kale, broccoli, mange tout or green beans)

This is the ultimate ‘prep like a boss’ dish – when you are stuck for a meal, make sure you have big batches of the mince all portioned up individually ready to whack some potato on top and heat up.

## METHOD

Turn the broiler to maximum.

Use half the coconut oil for this section, heat the coconut oil in a large saucepan over a high heat. Add half the mince and fry for 2-3 minutes, stirring to break up the chunks, cook until nicely browned. Tip out onto a plate, then repeat with the rest of the mince.

When the meat has all been browned, wipe out your pan and heat the remaining oil over a medium to high heat. Add the onion and cook, stirring regularly, for about 2-3 minutes. Throw the mince back into the pan and add the tomatoes, stock cube, oregano and enough water to make a nice sauce. Bring to a simmer and cook for 5-6 minutes or until the sauce is nice and thick.

Meanwhile whack the sweet potato in the microwave, cook for 3-4 minutes until nice and soft. When soft, mash then mix through the yogurt and nutmeg.

When the mince is ready pile into an oven proof dish top with the potato and crisp up under the broiler for 3-4 minutes, serve with a portion of your favorite green vegetables steamed, blanched or boiled.