

Curried Lentil Pie with Mixed Salad Leaves

Australians love pie. We've done away with the buttery pastry and meat for this version, and infused our filling with protein-rich lentils, sweet juicy currants and curry powder for extra flavour. After all, you know it's an Australian classic when it's got the best flavours from all over the world.



Prep: 15 mins Cook: 45 mins Total: 60 mins



level 1



low sodium



gluten

Pantry Items











Slivered Almonds Brown Onion









Mild Curry Powder

Vegetable Stock

Mixed Salad Leaves

2P	4P	Ingredients
1 packet	2 packets	slivered almonds
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely chopped
1	2	carrot, peeled & grated
1 clove	2 cloves	garlic, peeled & crushed
⅔ packet	1 ⅓ packets	mild curry powder (note: using extra will alter the flavor)
1 cube	2 cubes	vegetable stock, crumbled
1 cup	2 cups	boiling water *
1 tin	2 tins	lentils, drained & rinsed
1 packet	2 packets	currants
300 g	600 g	potatoes, unpeeled & sliced very thinly
2 tsp	1 tbs	butter, melted *
1 bag	2 bags	mixed salad leaves, washed

Ingredient features in another recipe

Pantry Items

Pre-preparation

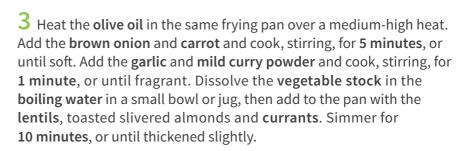
Nutrition per serve		
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Energy	2180	Kj
Protein	18.3	g
Fat, total	20	g
-saturated	3.6	g
Carbohydrate	57.9	g
-sugars	21.1	g
Sodium	461	mg



You will need: chef's knife, chopping board, vegetable peeler, box grater, garlic crusher, sieve, medium frying pan, wooden spoon, small bowl or jug, small baking dish or individual ovenproof ramekins and pastry brush.

- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Heat a medium frying pan over a medium heat. Add the slivered almonds and cook, stirring, for 1 minute or until toasted and golden. Remove from the pan and set aside.





4 Transfer the lentil mixture into a small baking dish or individual ovenproof ramekins and cover with a layer of the **potato** slices. Brush the potato with the melted **butter**. Cook in the oven for 25 minutes, or until the top is golden. Remove from the oven and rest for 5 minutes.

Tip: If you have extra potato slices toss them in some oil and pop them in the oven too.



5 To serve, spoon the pie onto plates or serve it in the individual ramekins. Drizzle the **mixed salad leaves** with a little olive oil and serve beside the pie. Dig in!

Did you know? The largest onion ever grown weighed around 5kg.