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Curried Lentil Pies With Mixed Leaf

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



high fibre



low sodium

Pantry Items



Olive Oil



Boiling Water



Butter



Slivered Almonds



Brown Onion



Carrot



Garlic



Mild Curry Powder



Vegetable Stock



Lentils



Currants



Potatoes



Mixed Salad Leaves

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2P	4P	Ingredients
1 packet	2 packets	slivered almonds
1 tbs	2 tbs	olive oil *
½	1	brown onion, finely chopped
1	2	carrot, peeled & grated
1 clove	2 cloves	garlic, peeled & crushed
⅓ sachet	1 ⅓ sachets	mild curry powder
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, 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

Energy	1710	Kj
Protein	12.6	g
Fat, total	15.6	g
-saturated	3.3	g
Carbohydrate	48.3	g
-sugars	18.2	g
Sodium	389	mg



You will need: *chef's knife, chopping board, vegetable peeler, 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.

3 Heat the **olive oil** in the same frying pan over a medium-high heat. Add the **brown onion** and **carrot** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and **mild curry powder** and cook, stirring, for **1 minute** or until fragrant. Dissolve the **vegetable stock** in the **boiling water** in a small bowl or jug, then add to the pan with the **lentils**, **toasted slivered almonds** and **currants**. Simmer for **10 minutes**, or until thickened slightly.

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? Lentils may have been used as an aphrodisiac in ancient Egypt.

