

Lentil Shepherd's Pie with a Cheesy Sweet Potato Crust

Eating vegetarian meals doesn't mean we should miss out on classic comfort food from our childhood. Take shepherd's pie for example: lentils are the perfect tasty filling that still has all the hallmarks of a delicious winter warmer. With fluffy mashed sweet potato topping, you'll be tucking into seconds.



Prep: 20 mins Cook: 40 mins Total: 60 mins



level 1



gluten



winter warmers

Pantry Items











Red Wine Vinegar



















Brown Onion











Mixed Salad

2P	4P	Ingredients		
400 g	800 g	sweet potato, peeled and chopped into 2 cm pieces		
1 tbs	2 tbs	butter *		
1 tbs	2 tbs	olive oil *		
1/2	1	brown onion, diced		
1 stalk	2 stalks	celery, finely chopped		
1	2	carrot, peeled & finely chopped		
1 bunch	2 bunches	thyme, leaves picked		
1 clove	2 cloves	garlic, peeled & crushed #		
1 tub	2 tubs	tomato paste		
1 tin	2 tins	lentils, drained & rinsed		
1 cup	2 cups	water *		
1 tbs	2 tbs	red wine vinegar *		
1 block	2 blocks	Cheddar cheese, grated		
1 bag	2 bags	mixed salad leaves, washed		

+++++++++++++++++++++++++++++++++++++	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

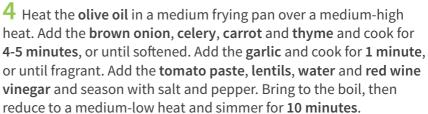
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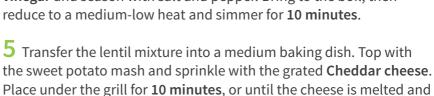
Energy	2040	Kj			
Protein	17.9	g			
Fat, total	22.5	g			
-saturated	10.3	g			
Carbohydrate	46.6	g			
-sugars	20.2	g			
Sodium	282	mg			



You will need: chef's knife, chopping board, vegetable peeler, garlic crusher, sieve, box grater, medium saucepan, potato masher or fork, medium frying pan, wooden spoon and medium baking dish.

- 1 Preheat the grill to medium-high heat.
- 2 Place the **sweet potato** into a medium saucepan, cover with water and bring to the boil. Reduce the heat to medium and simmer for **15 minutes**.
- 3 Drain the sweet potato and return to the saucepan with the **butter** and a good seasoning of **salt** and **pepper**. Mash with a potato masher or fork until smooth.





6 To serve, divide the lentil pie between plates and serve with **mixed** salad leaves.





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Did you know? Vitamins found in carrots can help promote overall eye health, but won't ever give you night vision!