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## 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 free



winter warmer

### Pantry Items



Butter



Olive Oil



Water



Red Wine Vinegar



Sweet Potato



Brown Onion



Celery



Carrot



Thyme



Garlic



Tomato Paste



Lentils



Cheddar Cheese



Mixed Salad Leaves

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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 *
½	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

#### Nutrition per serve

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.
- 4 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **brown onion**, **celery**, **carrot** and **thyme** and cook for **4-5 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **tomato paste**, **lentils**, **water** and **red wine vinegar** and season with salt and pepper. Bring to the boil, then reduce to a medium-low heat and simmer for **10 minutes**.
- 5 Transfer the lentil mixture into a medium baking dish. Top with the sweet potato mash and sprinkle with the grated **Cheddar cheese**. Place under the grill for **10 minutes**, or until the cheese is melted and golden.
- 6 To serve, divide the lentil pie between plates and serve with **mixed salad leaves**.

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