



LENTIL + SWEET POTATO SHEPHERDS PIE

Comfort food made easy! A perfect hearty, meat-free dish, packed with seasonal winter ingredients. Serve with a crunchy rocket and fennel salad and pack the rest up for lunch tomorrow.

5 portions

INGREDIENTS

- 2 medium sized sweet potato, cut into chunks
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 small red onions, finely diced
- 3 cloves of garlic, raw [9 g]
- 1 tbsp of rosemary, fresh [2 g]
- 1 tbsp, crumbled of spices, bay leaf [2 g]
- 1 tbsp, leaves of spices, thyme, dried [3 g]
- 1 tsp, leaves of spices, oregano, dried [1 g]
- 1 cup, mushrooms, white, sliced [70 g]
- 1 large carrot, grated [72 g]
- 2 large stalks of celery, diced [128 g]
- 2 tbsps of soy sauce or tamari [36 g]
- 2 cups of cooked lentils, (or 2 tins of lentils rinsed and drained) [384 g]
- 400 grams of tomatoes, crushed, canned
- 1/2 cup of vegetable stock, [120 g]
- 1/4 cup almond meal/ bread crumbs [25g]
- 10 sprigs of parsley, fresh [10 g]

COOKING METHOD

- 1° Bring a pot of water to the boil and cook sweet potatoes for about 15 – 20 minutes or until tender enough to mash. Drain and set aside for later
- 2° Meanwhile, heat olive oil in a non stick pot and saute onions until soft and translucent
- 3° Add garlic, herbs, mushroom, carrot, celery and tamari and cook until mushrooms are soft
- 4° Add lentils, crushed tomatoes and vegetable stock and allow to simmer for 10 – 15 minutes or until most of the liquid has been absorbed
- 5° Taste and season with salt and pepper before turning off the heat
- 6° Set oven to 'grill mode' before assembling your pie
- 7° To assemble pour lentil mix into baking tray of your choice
- 8° Mash sweet potatoes and gently spoon and smear on top of lentil mix
- 9° Sprinkle almond meal/ bread crumbs, fresh herbs and some sea salt on top of mashed sweet potato and bake under grill until golden (about 5 – 10 minutes)
- 10° Serve with a fresh salad

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [321 g]	% DRI
ENERGY	133 kcal	427 kcal	21 %
FAT	2 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	207 mg	666 mg	28 %
CARBOHYDRATE	22 g	71 g	24 %
SUGARS	3 g	10 g	—
FIBER	4 g	13 g	52 %
PROTEIN	8 g	24 g	—