

Lentil Shepherd's Pie

With Cheesy Sweet Potato Topping

An easy to make winter dish. Serve with a green salad or some steamed green vegetables.

Ingredients:

Veggies and lentils

6 sweet potatoes
2 onions, chopped finely
2 carrots, finely diced
3 garlic cloves, finely chopped
1 x 800g can diced tomatoes
2 x 400g cans lentils, drained
250g baby spinach leaves

Other ingredients

2 tablespoons olive oil
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup tomato paste
2 heaped teaspoons vegetable stock powder
 $\frac{1}{4}$ cup fresh rosemary, finely chopped
 $\frac{1}{4}$ cup fresh thyme, finely chopped
100g butter
200g grated tasty cheese
Salt and pepper to taste

Method:

1. Peel the sweet potato and cut into 2cm chunks. Add the sweet potato to a pot and cover with water. Bring to the boil and cook until tender, about 10 minutes. Drain and return to the saucepan. Add the butter and seasoning, then mash with a potato masher or a fork. Set aside.
2. Heat the oil in a large frying pan. Add the onion and carrot and cook until softened, 4-5 minutes.
3. Add the garlic, rosemary, thyme, and tomato paste and cook, stirring until fragrant and the tomato paste has darkened, 2-3 minutes.
4. Add the lentils, canned tomatoes, water and vegetable stock powder. Simmer on a low heat for about 5 minutes. Stir in the baby spinach leaves until wilted. Turn off the heat. Check if you need to season with salt and pepper.
5. Transfer the filling to a medium baking dish. Top with the sweet potato mash and sprinkle with the grated cheese.
6. Bake in a moderate oven at 180°C for 15 minutes or until the topping is golden brown.