



Sweet potato cottage pie (serves 2)

A hearty vegetarian version of this traditional dish, perfectly combines the sweetness of the tubers with the tanginess of beans and peas, topped with a delicious pie crust. Another delicious vegetarian alternative for a meat free day.

Ingredients for the filling

7g hemp oil
½ onion, diced
2 cloves garlic, diced
½ carrot, peeled and diced
½ vegetable stock cube make with 110g of water
60ml red wine
½ can (200g) chopped tomatoes
Small bunch of fresh chopped thyme
100g fava beans in water, drained
75g tinned lentils in water, drained

Topping

1 sweet potato, peeled and diced
1 teaspoon of butter
35g low fat cheddar (matchbox size)

Serve with:
80g cooked green peas per person

Method

1. Preheat the oven to 200°C/180°C fan/gas 6.
2. Heat the hemp oil in a saucepan and gently fry the onions for 5 minutes until softened, add the garlic and cook for 2 minutes more.
3. Add the carrots and fry for a further 2 minutes, then add the thyme, vegetable stock and red wine for 10 minutes until the carrots have softened.
4. Add the fava beans and lentils and leave to simmer for a further 5 minutes, then ladle the mixture into an oven proof casserole dish.
5. Boil the sweet potatoes until soft, then drain and mash with the butter.
6. Spread the sweet potato mash over the filling in an even layer, then sprinkle the cheese on top and cook in the oven for 25-30 minutes.
7. Boil the peas in a pan for 2-3 minutes and serve with the cottage pie.

Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	406kj 97kcal	4.6g	2.4g	0.9g	13.6g	4.1g	4.3g	0.24g
Per 450g Serving	1951kj 463kcal	21.9g	11.5g	4.2g	65.1g	19.7g	20.5g	1.14g