



# Lentil Shepherd's Pie with sweet potato topping

Veggie 40-45 mins

9



Lentils



Chopped Tomato  
with Onion & Garlic



Carrot



Italian Herbs



Worcester Sauce



Almonds



Rocket



Balsamic Glaze



Sweet Potato

Pantry Items: Oil, Salt, Pepper, Sugar, Milk (Optional), Water, Butter (Optional)

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Oven Dish, Large Pot, Lid, Potato Masher, Sieve

## Ingredients

	2P	4P
Lentils	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Carrot	1 unit	2 units
Italian Herbs	½ sachet	1 sachet
Worcester Sauce	1 sachet	2 sachets
Almonds	15 g	30 g
Rocket	40 g	80 g
Balsamic Glaze	1 sachet	2 sachets
Sweet Potato	600 g	1200 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	808.5 g	100 g
Energy (kJ/kcal)	2592.1 kJ/ 619.5 kcal	320.6 kJ/ 76.6 kcal
Fat (g)	6.8 g	0.8 g
Sat. Fat (g)	0.7 g	0.1 g
Carbohydrate (g)	107.5 g	13.3 g
Sugars (g)	46.5 g	5.8 g
Protein (g)	11.4 g	1.4 g
Salt (g)	4.7 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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### Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Peel the **sweet potato** and cut into 2cm chunks. Boil until fork tender, 15-20 mins.
- Once cooked, drain in a colander or sieve. Return to the pot off the heat.
- Add a knob of **butter** if you've got some and a little **water** or **milk**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

**TIP:** *If you're in a hurry you can boil the water in your kettle.*



### Make the Salad

- Toss the **salad leaves** with a drizzle of **oil**.
- Season to taste with **salt** and **pepper**.



### Simmer the Lentils

- Trim the **carrot**, then coarsely grate (no need to peel).
- Drain and rinse the **lentils**.
- Place a pan over medium-high heat with a drizzle of **oil**. When hot, add the **carrot** and fry for 2-3 mins, stirring occasionally.
- Add **lentils**, **chopped tomatoes**, half the **Italian herbs** and **Worcester sauce**.
- Simmer for 5-7 mins, until the sauce has thickened slightly. Season with **salt**, **pepper** and **sugar** to taste.



### Serve it Up

- Dish up a hearty helping of **lentil shepherd's pie**.
- Serve the salad alongside with a drizzle of **balsamic glaze**.

Enjoy!



### Assemble the Pie

- Spoon the **lentils** into an oven dish (approximately 23cm x 15cm for 2p).
- Carefully layer the mash over the filling, using the back of a spoon to smooth it out.
- Top with the **almonds**.
- When the oven is hot, pop onto the top shelf and bake for 10-12 mins. Leave the pie to rest for 5 mins before serving.