



Lentil Shepherd's Pie

with sprinkled almonds sweet potato topping

Family 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!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, large pot, lid, oven dish, peeler, 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	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	808.5 g	100 g
Energy (kJ/kcal)	2412 kJ/ 577 kcal	318 kJ/ 76 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)	26.8 g	3.3 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 chop into 2cm chunks. Boil until fork tender, 15-20 mins.
- Once cooked, drain and 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 then season with **salt** and **pepper**. Cover to keep warm.

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



Assemble the Pie

- Spoon the **lentils** into an oven dish (around 23cm x 15cm is ideal for 2p).
- Carefully layer the **sweet potato** mash over the filling. Use the back of a spoon to smooth it out.
- Top with a scattering of **almonds**.
- When the oven is hot, pop onto the top shelf to bake for 10-12 mins.

TIP: *Leave to rest for 5 mins before serving.*



Get Prepped

- 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, then stir in the **lentils**.



Make the Salad

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



Simmer the Lentils

- Add the **chopped tomatoes**, **Worcester sauce** and **half** the **Italian herbs** (double for 4p) to the pan.
- 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!