

Lentil and Sweet Potato Shepherd's Pie



This vegetarian version of the traditional meaty dish will satisfy even the pickiest of eaters. Comfort food at its best!

Ingredients

- 1 brown onion, chopped
- 1 tsp garlic, crushed
- 1/2 cup carrot, chopped
- 1/2 cup celery, chopped
- 2 cups mushroom, chopped
- 400 g no added salt canned lentils, rinsed and drained
- 400 g canned diced tomatoes
- 2 portions of frozen spinach, thawed
- extra virgin olive oil, for cooking
- 1 large sweet potato, peeled and sliced
- 40 g butter
- 1/2 cup light tasty cheese

Method:

1. In a heavy based saucepan over medium heat, drizzle olive oil and saute the onions, garlic, carrots, and celery for 5-6 minutes until softened. Add the mushrooms, lentils, canned tomatoes and ½ cup of water. Bring to a simmer and cook until sauce has reduced slightly and flavours have infused. Stir through the spinach at the end, to wilt. Take off heat and set aside.
2. Place sweet potatoes in a steamer, and cook for 10-15 minutes or until tender. Process sweet potatoes in a blender with butter until smooth. Transfer to a bowl and incorporate the cheese into it.
3. Transfer lentil mixture to a baking dish, top with the sweet potato mash spreading it evenly.
4. Place in the oven and bake for 10-15 minutes until the tops are golden.