



# VEGGIE SHEPHERD'S PIE



## INGREDIENTS

**SERVES 5**

1 kg sweet potatoes  
peeled and cut into small chunks  
4-5 carrots (500g in total),  
diced into small cubes  
1 large onion, roughly chopped  
1 tbsp mixed herbs (add less if you prefer)  
400g tin chopped tomatoes  
300 ml water  
2 vegetable **stock cubes**  
400g can green lentils  
25g **butter**  
1 tbsp olive oil (not provided)  
75g **cheddar**, grated

### ALLERGENS

**Celery** (stock cube), **Dairy** (cheese and butter)

### EQUIPMENT

Large saucepan, frying pan, oven proof dish  
(6-8cm deep), knife for chopping, wooden  
spoon, colander, grater

## STEP 1

- Wash and chop the carrots, peel and chop the onion and sweet potato.
- Grate the cheddar and set aside.
- Heat the oven to 190°C, 170°C fan, gas mark 5.



## STEP 2

- Heat the olive oil in a frying pan, add the chopped onion and fry until golden.
- Then add the chopped carrots and the herbs and fry for 2-3 minutes.



## STEP 3

- Add in the tinned tomatoes, the 300ml of water and crumble in 2 veggie stock cubes
- Mix together & simmer for 10 minutes



## STEP 4

- Whilst the carrots, onions and tomatoes are simmering, fill a large saucepan with cold water.
- Add the sweet potatoes and boil for 20 minutes or until tender.



## STEP 5

- After 10 minutes simmering, add the green lentils to the vegetable mixture.
- Stir in, cover with a lid or some foil and simmer for a further 10 minutes.



## STEP 6

- After 10 minutes, pour the vegetable mixture into the oven proof dish. Set aside briefly.
- Drain the sweet potatoes using a colander, return to the pan. Add 25g of butter and mash.



## STEP 7

- Season to taste and spoon on top of the vegetable mixture.
- Sprinkle the grated cheddar on top and place in the pre heated oven for 20 minutes.



## STEP 8

- After 20 minutes, remove from the oven, serve onto plates and enjoy!



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