



SWEET POTATO AND LENTIL PIE

This weeks recipe of the week is a delicious sweet potato and french puy lentil pie. Perfect for the winter weather and highly recommended by the staff. Two thumbs up for this one.

Serving size: 6-8 people

Ingredients:

1/4 cup of olive oil

1 red onion, chopped

2 cloves of garlic, crushed

2 stalks of celery, finely diced

1 large carrot, diced

1 tablespoon of chilli paste or 1/2 teaspoon dried chilli flakes

1 1/4 cup French puy lentils, rinsed

2 x 400g tin diced tomatos

1/2 bunch fresh parsley, chopped

1/2 teaspoon dried oregano blend

1kg sweet potato, peeled and chopped into 3cm pieces

100g cheddar cheese, grated

20g unsalted butter

300g baby spinach

Cracked pepper to season

Method:

Heat the olive oil in a saucepan over medium to high heat. Add the onion, garlic, celery and carrot and cook until the onion has softened.

Add the chilli paste/flakes and lentils and cook for a further 2 minutes.

Add the tomato, oregano, parsley and 3 cups of water.

Bring to the boil and then simmer partially covered for 1 hour (or a bit more) until the lentils are tender and sauce has thickened. Add extra water if the mixture is too dry.

Cook the chopped sweet potatoes in a large saucepan of water until softened.

Drain then mash back in the pot adding the cheese and butter.

Preheat the oven to 180°C and grease a 2 litre baking dish. Lay 1/3 of the spinach on the base of the dish and cover with the lentil mixture. Repeat this 3 more times and then top with the mashed sweet potato mixture.

Sprinkle with cracked pepper and bake for 45 minutes until the sweet potato goes a bit brown and crispy on top.

Gluten Free | Refined Sugar Free

For a vegan option, remove the butter and cheddar cheese.

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