

## Serves **6** Vegetarian Cottage Pie

### Ingredients

800g Sweet potato, peeled and chopped	1 heaped tsp Dijon mustard
100mls milk	1 tsp rapeseed/olive oil
1 onion, chopped	1 clove garlic, chopped
2 sprigs of thyme, leaves picked	1 carrot, peeled and finely chopped
200g Mushrooms, sliced	1tbsp tomato puree
400g tin puy lentils, drained	400g tin chopped tomatoes
100mls low salt vegetable stock	1 tbsp. Worcestershire sauce

### Method

- 1 Preheat the oven to 200°C/gas mark 6.
- 2 Add the sweet potatoes to a pan of water, bring to the boil and cook for 15 minutes, or until soft, drain and mash with the mustard and milk. Season to taste with black pepper.

**TIP:** To make the top extra crispy, use a fork to create lots of small peaks in the potatoe before baking.

- 3 For the filling, heat the oil in a large pan and add the onion and carrot, cook gently for 5 minutes, until soft.
- 4 Add the mushrooms, garlic and thyme and tomato puree, cook for a further 2-3 minutes.
- 5 Now add the tomatoes, puy lentils, veg stock and Worcestershire sauce and season with pepper. Simmer gently for 5 minutes.

**TIP:** You could add other vegetables such as diced courgettes or aubergines to increase your 5 a day

- 6 Place the filling in an ovenproof dish, allow to cool slightly, then add the sweet potato topping, spreading it evenly over the dish.
- 7 Place in the oven for 20-30 minutes, until golden brown and piping hot in the centre.
- 8 Serve with 2 portions of vegetables such as cabbage, broccoli, peas or green beans to make this a balanced dish.

**TIP:** You can make the pie in advance and keep in the fridge and heat when require, or freeze, defrost in the fridge and cook once defrosted, just make sure it is piping hot before serving.