

Red Lentil Cottage Pie



Ingredients

- 1 onion, chopped
- 3 carrots, chopped
- 2 peppers, sliced
- 2 garlic cloves, crushed
- 1/2 tsp mixed herbs
- 200g of red lentils
- 400ml of veg stock
- 1 tin of baked beans
- 1 tin of chopped tomatoes
 - 50g of frozen peas
- 1 tsp Worcestershire sauce
- 4 large, sweet potatoes, diced
 - 50g cheese
 - 1 tbsp of oil

Methods

- 1.** Peel and chop sweet potatoes, add water to cover, bring to the boil and simmer until cooked. This should take around 10-15 minutes.
- 2.** Meanwhile, fry the onion, peppers, carrot, garlic, and herbs in the oil until soft. Then add the lentils, beans, tinned tomatoes and stock. Bring to the boil then reduce heat and simmer for 10 minutes.
- 3.** Stir in the peas, and add the Worcestershire sauce.
- 4.** Cook for 5 minutes then transfer to an oven dish.
- 5.** Drain and mash the sweet potatoes then spread on top of the lentil mix.
- 6.** Add the grated cheese.
- 7.** Pop in the oven for 20 mins at 200° or on gas mark 6.