

Lentil Cottage Pie

Per Portion
425-500 Calories
22-25g Protein
75-90g Carbs
6-8g Fat



Ingredients

- 2 tbsp tomato puree
 - 400g lentils
- 2 beef stock cubes
- 6 medium potatoes
- 2 sweet potatoes
 - 2 carrots
 - 2 red onions
- 4 garlic cloves
- 200g mixed veg

Method

- 1.** Peel the potatoes and sweet potatoes, then cut them into small bite-sized pieces. Wrap them in foil and place in the air fryer for 35 minutes at 200C. Make sure the foil is well wrapped.
- 2.** Peel and finely chop the red onions. Top, tail, and dice the carrots. Peel and finely chop (or grate) the garlic.
- 3.** In the air fryer, add a drizzle of olive oil, chopped onion, diced carrot, and chopped garlic.
- 4.** Cook for 3 minutes at 200C.
- 5.** Dissolve the stock cubes and tomato paste in 450ml of boiled water.
- 6.** Drain and rinse the lentils. Add them to the air fryer along with the stock mixture. Cook for 10 minutes or until thickened.
- 7.** Take the potatoes out of the air fryer and transfer them to a bowl. Mash them and add butter/milk as required.
- 8.** Spoon the mashed potatoes on top of the lentil pie mixture. Cook for 15 minutes at 200C or until piping hot and golden on top.
- 9.** Cook the mixed veg as per the pack instructions and serve with the cottage pie.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*