



# LENTIL SWEET POTATO COTTAGE PIE

RECIPE BY: ANDY BURSEY



VEGAN



PALEO



GLUTEN FREE

DIFFICULTY: EASY

TIME: 45 MINUTES

SERVES: 4

A plant-based version of the traditional cottage pie, yet just as comforting and delicious. Perfect to warm you up and a wholesome #meatfree family meal.

## METHOD

Preheat the oven to 180 degrees. Boil or steam sweet potatoes until soft and mash with milk. While sweet potatoes are cooking, heat olive oil in a pot over medium heat. Add mushrooms, carrots and onions, season with salt and pepper and saute until lightly golden. Add the lentils and chopped tomato to the same pan and simmer for 5 min. Add tomato puree, basil, salt, and pepper. Stir over medium heat and allow to simmer for a few more minutes. Add lentils to a baking dish and top with mashed sweet potato. Sprinkle with grated vegan cheese or nutritional yeast. Bake for 30-40 min until golden on top. Garnish with fresh parsley.

## INGREDIENTS

- 2 cans lentils, drained
- 1/2 punnet mushrooms, rinsed and sliced
- 2 carrots, grated
- 1 onion, diced
- 1 tbsp olive or coconut oil
- 1 can chopped tomato
- 2 tbsp tomato puree
- ½ tsp basil
- ½ tsp salt
- ½ tsp pepper
- 400-500 g sweet potato chunks
- ½ cup nut or coconut milk of choice
- ¼ cup grated vegan cheese or nutritional yeast (optional)
- Fresh parsley