

SWEET POTATO SHEPHERD'S PIE

INGREDIENTS



2 of
your 5

1 tbsp rapeseed oil
 2 onions, finely chopped
 2 garlic cloves, chopped
 2 carrots, grated or finely diced
 2 tbsp fresh thyme leaves
 400g extra-lean minced lamb / beef
 85g red lentils
 350g swedes, diced
 2 tbsp plain flour
 750ml reduced-salt beef stock
 200ml red wine
 350g potatoes, diced
 650g sweet potatoes, diced
 150g 0% plain probiotic yogurt
 Generous grating of nutmeg
 Green vegetables, to serve

Nutrition Per serving*

Kcal
434

Carbs
50g

Protein
28g

Fat
12g

Sat Fat
4g

Salt
0.6g

Takes
1.5 hrs

Serves
6

METHODS

1. Heat the oil in a large pan, then fry the onions for 6 mins until starting to turn golden. Add the garlic, carrots and thyme, and cook for 4 mins more.
2. Stir in the mince, breaking it up with the spoon. When it has turned brown, add the lentils and swede with the flour. Cook for 1-2 mins, then gradually add the stock and red wine. Cover and simmer for 35-40 mins.
3. Meanwhile, boil all the sweet potatoes for 15-20 mins until tender, then drain and mash with the yogurt, nutmeg and black pepper. Spoon the meat mixture into a 2-litre ovenproof dish, spread or pipe the potato mixture on top, then grill until the topping starts to brown. (If making ahead, reheat in the oven at 180C/160C fan/gas 4 for 45 mins.)
4. Serve with green vegetables.

* Approx.