




Product Spotlight: Potatoes


One medium potato contains 45% of your daily value of vitamin C. This vitamin can assist in stabilising free radicals thus helping prevent cell damage.



L4 Lentil Cottage Pie with Cheesy Potato Topping

A great lentil version of a comforting classic, Cottage Pie. This version is flavoured with GH Produce pepper berry stew mix and baked with a cheesy mashed potato topping.

 25 minutes

 4 servings

 Vegetarian

11 March 2022

Speed it up!

If you need to get dinner on the table in a hurry, you can skip baking the pie in the oven. Mix the shredded cheese through the mashed potato and serve it on a plate with the lentil mix.

Per serve: **PROTEIN** 30g **TOTAL FAT** 29g **CARBOHYDRATES** 69g

FROM YOUR BOX

POTATOES	1kg
BROWN ONION	1
CARROTS	2
PEPPER BERRY SPICE MIX	1 sachet
TINNED LENTILS	2 x 400g
PASSATA	1 jar
SHREDDED CHEDDAR CHEESE	1 packet
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice

KEY UTENSILS

large frypan, saucepan, oven dish (one large or 4 individual sized)

NOTES

We chose to make individual pies, but you can make one larger size pie if you prefer.

Use hot water from the kettle if you want to help speed up the cooking time for the potatoes.

We used balsamic vinegar to dress the mesclun leaves but white wine or red wine vinegar would work well too.



1. BOIL THE POTATOES

Set oven to 220°C.

Chop potatoes and add to a saucepan. Cover with water (see notes) and boil for 10 minutes or until tender. Drain the potatoes.



2. SAUTÉ THE VEGETABLES

Meanwhile, heat a large frypan over medium-high heat with **oil**. Dice onion and carrots. Add to pan as you go along with pepper berry spice mix. Sauté for 3-4 minutes until vegetables begin to soften.



3. ADD THE LENTILS

Drain lentils. Add to pan along with passata. Stir to combine. Simmer, stirring occasionally, for 6-8 minutes until thickened. Season with **salt and pepper**.



4. MASH THE POTATOES

Mash potatoes with **2 tbsp olive oil** (or butter) to desired consistency. Season with **salt and pepper**.



5. BAKE THE PIE

Pour lentil mixture into oven dish. Top with mashed potato and sprinkle over shredded cheese. Bake for 5-7 minutes until cheese is melted and golden.



6. FINISH AND SERVE

Add mesclun leaves to a bowl along with **1 tbsp olive oil** and **1 tbsp vinegar**. Toss until well coated.

Serve cottage pie with dressed mesclun at the table.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

