



# UCOOK

## Lentil & Sweet Potato Cottage Pie

with toasted pumpkin seeds

If it's comfort food you're craving, Chef, you are in for a tasty treat! A rich veggie medley is cooked in red wine, tomato passata, soy sauce & dijon mustard. Add lentils, top with a delicious layer of oven-roasted sweet potatoes, and finish with toasted pumpkin seeds.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Veggie

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Painted Wolf Wines | The Den Pinotage 2022

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## Ingredients & Prep

600g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
30g	Pumpkin Seeds
2	Onions <i>peel &amp; roughly dice 1½</i>
720g	Carrot <i>rinse, trim, peel &amp; finely dice</i>
8g	Fresh Thyme <i>rinse &amp; pick</i>
30ml	Tomato Paste
90ml	Red Wine
300ml	Tomato Passata
45ml	Low Sodium Soy Sauce
15ml	Dijon Mustard
360g	Tinned Lentils <i>drain &amp; rinse</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Milk (optional)  
Butter

**1. SWEET ON SWEET POTATOES** Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Place the roasted sweet potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

**2. GOLDEN SEEDS** Place the pumpkin seeds in a pot over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. VEGGIES & LENTILS** Return the pot to medium heat with a drizzle of oil. When hot, fry the diced onion, and the diced carrots until golden, 6-7 minutes (shifting occasionally). Add the picked thyme, the tomato paste, the wine and fry until the wine has evaporated, 1-2 minutes. Add the passata, the soy sauce, the mustard, and 450ml of water. Simmer until thickened, 15-20 minutes. Remove from the heat and stir through the rinsed lentils, a sweetener (to taste), and seasoning.

**4. OH MY, IT'S PIE!** Spoon the lentil mixture into an ovenproof dish. Evenly spread the sweet potato mash over the top. Bake in the hot oven until the mash is lightly golden, 10-12 minutes.

**5. ENJOY** Dish up a generous helping of the lentil cottage pie. Sprinkle over the toasted seeds. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	350kj
Energy	84kcal
Protein	3.8g
Carbs	15g
of which sugars	4.6g
Fibre	4.1g
Fat	0.5g
of which saturated	0.1g
Sodium	92mg

## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol, Soy, Cow's Milk

Eat  
Within  
3 Days