



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.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Painted Wolf Wines | The Den Pinotage 2022

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Ingredients & Prep

200g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
10g	Pumpkin Seeds
1	Onion <i>peel & roughly dice ½</i>
240g	Carrot <i>rinse, trim, peel & finely dice</i>
3g	Fresh Thyme <i>rinse & pick</i>
10ml	Tomato Paste
30ml	Red Wine
100ml	Tomato Passata
15ml	Low Sodium Soy Sauce
5ml	Dijon Mustard
120g	Tinned Lentils <i>drain & 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, 25-30 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, 4-5 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 150ml of water. Simmer until thickened, 10-15 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, 8-10 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