BRITISH · DINNER

Veggie Lentil Cottage Pie with Sweet Potato Mash

120 min · Serves 8 · 546 kcal a serve · Video 6:54 · Chef Tom Kerridge

Vegetarian · No nuts listed

Lentils replace mince and the mash is sweet potato, so each serve gives around 20 g of fibre, about 18 g of plant protein and well over a day's vitamin A (as beta-carotene), with only a little butter and cheese.

Diet notes: Low saturated fat (5.4 g, 9% of the energy); DASH-friendly with less salt: up to a pinch a serve; Gluten-free with a swap: Check that the stock cube is gluten-free.

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Ingredients 22 · SERVES 8

- [ ] about 3 tbsp **olive oil**
- [ ] 2 large **onions**, peeled and diced
- [ ] 2 **carrots**, peeled and diced
- [ ] 3 **celery** sticks, diced
- [ ] 4 cloves of **garlic**, grated
- [ ] 2 tbsp **tomato purée**
- [ ] ½ cup **red wine**, reduced to a glaze
- [ ] 1 tin of chopped **tomatoes**
- [ ] **vegetarian stock** (1 stock cube and a splash of water)
- [ ] 7 oz **baby chestnut mushrooms**, quartered
- [ ] 3 sprigs of **fresh thyme**
- [ ] a little **fresh rosemary** (about 1 sprig)
- [ ] 2 **bay leaves**
- [ ] 1¾ lb cooked **Puy lentils** (2 ready-cooked packets)
- [ ] 7 oz **frozen peas**
- [ ] 8 large **sweet potatoes**, baked until soft, flesh scooped out
- [ ] a few **cubes of butter** (about 1 oz)
- [ ] **Dijon mustard**: 1 tsp English mustard and 1 tsp Dijon mustard
- [ ] 3½ oz **cheddar**, grated
- [ ] 1 tsp **smoked paprika**
- [ ] **salt** to taste
- [ ] **black pepper** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Celery, Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bake the sweet potatoes at 350°F for about an hour until soft. 2:50
2. Meanwhile, heat the oil in a wide, high-sided pan and fry the onion, celery and carrot over high heat, stirring only now and then so they colour. Add the garlic and cook until soft and golden. 0:20
3. Stir in the tomato purée and cook it out, then add the red wine and let it bubble down to a glaze, scraping the bottom of the pan. 1:20
4. Add the chopped tomatoes, stock cube and a splash of water, bring to the boil, then add the mushrooms, bay, thyme, rosemary and lentils. Simmer 25–30 minutes until thick. 2:00
5. Remove the herb stalks and bay leaves, stir in the frozen peas, season, and spread the filling in an ovenproof dish. 4:28
6. Scoop out the sweet potato flesh and mash with a fork with the butter, both mustards and a pinch of salt. Spread over the filling, fork ripples on top, then add the cheddar and smoked paprika. 3:00
7. Bake at 325°F for 45 minutes until hot in the middle and golden on top. 5:45

> **Tip** Make the filling a day ahead or freeze the assembled pie in portions. For a vegan version, swap the butter for olive oil and leave off the cheese or use a plant-based one.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
546 kcal	21 g	89 g
2,290 kJ	43% of a day	68 g net · 26 g sugars
		32% of a day

FIBRE	FAT	SODIUM
21 g	14 g	710 mg
74% of a day	5.4 g saturated	31% of a day
	17% of a day	

Energy from net carbs 57% · protein 17% · fat 26%

High in (20%+ of a day) Vitamin A 293% · Vitamin C 73% · Vitamin B6 69% · Folate 61% · Potassium 45% · Iron 38% · Magnesium 33% · Zinc 29% · Vitamin E 25% · Vitamin K 24% · Calcium 20%

Source of (10–19%) Selenium 17% · Omega-3 10%

Recipe and video: Chef Tom Kerridge (@ChefTomKerridge) on YouTube — youtube.com/watch?v=KCTid7WOKx8, published 21 January 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/veggie-lentil-cottage-pie