




Product Spotlight: Lentils


Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about 3 eggs!



12 Lentil Cottage Pie with Roast Pumpkin Mash

Sweet roast pumpkin mash mixed with nut-based mozzarella tops this lovely cottage pie, accompanied by green beans and almonds.

 35 minutes

 2 servings

 Plant-Based

10 June 2022

Make it individual!

Once the filling has been simmered transfer into individual ramekins and then top with the mashed pumpkin.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	32g	102g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
BROWN ONION	1
CARROT	1
PARSNIP	1
TINNED LENTILS	400g
CHOPPED TOMATOES	400g
MOZZARELLA CHEESE	140g
GREEN BEANS	1 packet (125g)
SLIVERED ALMONDS	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, flour (of choice), dried thyme, white wine vinegar

KEY UTENSILS

ovenproof frypan, oven tray, small frypan

NOTES

Use the pumpkin to taste. If you roast it all at once you can use any left over roasted pumpkin in salads or add to a soup.

If you don't have an ovenproof frypan transfer the mix into an ovenproof dish.

You can mash the pumpkin directly on the tray that you have roasted on.



1. ROAST THE PUMPKIN

Set oven to 220°C.

Peel and roughly chop the pumpkin (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Place in oven and roast for 20 minutes until tender.



2. SAUTÉ THE VEGETABLES

Heat a large deep frypan with **oil**. Dice and add onion. Cook for 2-3 minutes. Dice and add carrot and parsnip along with **1 tsp thyme**. Cook for 3-4 minutes until just tender.



3. FINISH THE FILLING

Stir in **1/2 tbsp flour** and cook for 1 minute. Drain and add lentils along with chopped tomatoes. Cover and simmer for 5 minutes. Season to taste with **salt and pepper** (see notes).



4. TOP THE PIE

Grate cheese. Roughly mash pumpkin with **1/2 tbsp oil** and half the cheese (see notes). Spoon over the lentil mixture. Sprinkle with remaining cheese and return to oven for 5-10 minutes for cheese to melt.



5. COOK THE BEANS

Trim and halve beans. Add to frypan with **2 tsp oil** and **1/2 tsp vinegar**. Cook for 2-3 minutes or until just tender. Add the almonds and cook for a further minute. Season with **salt and pepper**.



6. FINISH AND SERVE

Spoon pie onto plates and add beans on the side.

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

