



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.



Lentil Cottage Pie with Cheesy Potato Topping

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



25 minutes



2 servings



Vegetarian

21 July 2023

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 with the mashed potato and serve it on a plate with the lentil mix.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	46g	83g

FROM YOUR BOX

POTATOES	500g
BROWN ONION	1
CARROT	1
CLASSIC STEW MIX	1 sachet
TINNED LENTILS	400g
TOMATO PASSATA	1 jar
SHREDDED CHEDDAR CHEESE	1 packet
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan, oven dish (one large or 2 individual sized)

NOTES

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

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

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



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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.



4. MASH THE POTATOES

Mash potatoes with **1 tbsp olive oil** (or butter) to desired consistency. Season with **salt and pepper**.



2. SAUTÉ THE VEGETABLES

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



5. BAKE THE PIE

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



3. ADD THE LENTILS

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



6. FINISH AND SERVE

Add mesclun leaves to a bowl along with **2 tsp olive oil** and **2 tsp vinegar**. Toss until well coated.

Serve cottage pie with dressed mesclun at the table.

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