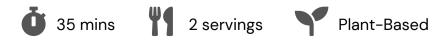


## Product Spotlight: Pear

There are over 5,000 varieties of pears & their trees can produce fruit for up to 100 years! They're packed with nutrients, fibre & antioxidants, making them delicious & nutritious!

# Bean and Sweet Potato Pie

Beans sautéed with onion, carrot, celery, tomatoes and smokey paprika, baked in a pie with a mashed sweet potato topping.



21 May 2021



Instead of mashing the sweet potato, thinly slice it and arrange it on an oven tray, drizzle with oil, salt and pepper and roast for 15–20 minutes then layer on top of the pie.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 19g 10g 90g

#### FROM YOUR BOX

SWEET POTATO	400g
NUT CHEDDAR	1/4 block *
RED ONION	1/2 *
CARROT	1
CELERY	1
BEANS	1 tin
CHOPPED TOMATOES	400g
PEAR	1
KALESLAW	1/2 bag *

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried thyme, smoked paprika, stock cube, white wine vinegar

#### **KEY UTENSILS**

large frypan, saucepan, oven dish, kettle

### NOTES

For a smoother mash, peel your sweet potato.

If you have fresh thyme at home, feel free to use that instead of dried thyme.



# **1. MASH SWEET POTATO**

Boil the kettle. Set oven to 220°C.

Dice sweet potato (see notes), add to a saucepan with boiling water from kettle, boil for 10-15 minutes or until soft. Drain and mash sweet potato with grated nut cheddar, **oil, salt and pepper**.



# **4. BAKE PIE**

Pour vegetable mixture into a deep oven dish. Top with mashed sweet potato and bake for 10 minutes.



## 2. PREPARE VEGETABLES

Dice red onion and carrot, slice celery. Drain and rinse beans.



## **5. MAKE SALAD**

In a large bowl whisk together **1/2 tbsp olive oil, 1/2 tsp vinegar, salt and pepper.** Thinly slice pear, add to bowl with prepared dressing and kaleslaw. Toss well to combine.



# **3. SAUTÉ VEGETABLES**

Heat a frypan over medium-high heat with oil. Add prepared vegetables and beans with 1/2 tsp thyme (see notes) and 1 tsp paprika, cook stirring for 4-5 minutes. Pour in tinned tomato, crumble in stock cube, cook for further 4-6 minutes. Season with salt and pepper.



## 6. FINISH AND PLATE

Divide pie evenly among plates and serve with pear kaleslaw.

