

Shepherds Pie ohne Shepherd

702

Typ: Gemüse

Quelle: Woman and Home, Feb 2017

Bemerkungen: This protein-rich filling also makes a great soup - just add extra stock

Zutaten: Serves 6
1.25 kg sweet potatoes, peeled and chopped
2 tbsp olive oil
1 large onion, chopped
250 g carrots, peeled and chopped
2 sticks celery, chopped
5 cm piece fresh ginger, finely chopped
1 red pepper, chopped
400 g button mushrooms
1 tsp each turmeric, coriander, cumin
pinch dried chili flakes
250 g puy lentils
400-g can chickpeas, drained
500 mL vegetable broth
1 tbsp cornflour

Rezept: Boil the sweet potatoes until tender, then mash and season well. You won't need any butter or oil.

Heat the oil in a saute pan, then cook the onion, carrots celery and ginger until softened. Add the pepper and mushrooms; cook for a few minutes. Add the spices then stir well for a few minutes. Add the lentils, chickpeas and stock, bring to the boil and simmer for 10 minutes. Slake the cornflour with a little cold water. Add to the pan and stir until thickened.

Put the filling into an ovenproof, shallow dish. Spoon over the mash and spread with a fork. Heat the oven to 160°C, fan, gas 4. Bake for 40 minutes until browned and bubbling. (Serve with green vegetables - Halte ich für überflüssig, vielleicht ein Salat, WG).

Per serving: 389 calories, 6 g fat (1 g saturated). 64 g carbohydrate

COOK'S TIP

Use a teaspoon to peel the ginger — less waste and very speedy.