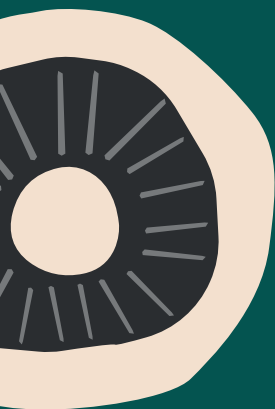


**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM

This week, let's fill up on...

VEGGIE COTTAGE PIE



41



VEGGIE COTTAGE PIE



INGREDIENTS

- 1 large onion
- 1 clove of garlic
- 2 tbsp vegetable oil
- 2 tbsp tomato purée
- 1 tin of chopped tomatoes
- 1 reduced salt vegetable stock cube
- 1 tin of cooked lentils
- 6 mushrooms
- 1½ mugs of frozen vegetables

For the topping:

- 3 large sweet potatoes



SUPER FILLING

A classic cottage pie - but not as you know it! This version is packed with veggies and lentils, it's so tasty even die-hard meat eaters will be back for seconds of this vegetarian meal.

METHOD

01

Whack the oven on at 180C. Start by making the topping. Peel the sweet potatoes and cut into chunks, then place them in a large microwave safe bowl. Cover with a plate and microwave on full power for 15-20 minutes.

02

Meanwhile, peel and roughly chop the onion and garlic. Heat the vegetable oil in a large casserole dish, or deep frying pan, over a medium-high heat. Once hot, add the onion and garlic and cook for 4-5 minutes, stirring often, until softened.

03

Once cooked, add the tomato purée and cook for a couple more minutes, then add the tin of tomatoes and crumble in the stock cube, then bring it up to the boil so it's bubbling. Drain the lentils into a sieve and rinse under the tap, before adding to the pan. Roughly slice up the mushrooms and add these in too, along with the frozen vegetables. Give it all a good stir, then reduce the heat so it's bubbling gently at a simmer and cook for 15 minutes until the sauce has thickened.

04

Spoon it into an ovenproof dish and set aside.

05

Next, make the topping with the cooked sweet potatoes. Drain off any liquid from the potatoes and roughly mash them with a fork or masher. Spoon the sweet potato mash on top of the cottage pie filling.

06

Cook in the hot oven for 35-40 minutes, until golden brown and bubbling. Spoon onto plates and dig in.



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Find out about the Healthy Start Voucher Scheme at www.endchildfoodpoverty.org

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