

## **Beef and Lentil Pie**



**Beef and Lentil Pie with Sweet Potato Topping** - a comforting and filling dish that will soon become a family favourite! The lentils add extra fibre to the dish and bulk out the small amount of minced beef. Feeds 4.

What you'll need

### **Ingredients:**

1 tbsp olive oil

250g minced beef

1 large carrot, grated

1tbsp tomato puree

200g red lentils

600ml beef stock

2 handfuls of frozen peas

1.25kg sweet potato, peeled and cubed

50g butter

Salt & Pepper

### **Equipment:**

Grater

Sharp Knife

Chopping board

Oven proof dish 30cm x 20cm

Large frying pan

Saucepan

How to do it

1. Heat the oven to 200C. Heat the oil in the frying pan and add the minced beef. Brown for 5 mins. Add the carrot and cook for further 2 mins.
2. Stir in the tomato puree and seasoning. Add the lentils and stock. Simmer for 20mins and add the peas.
3. Meanwhile bring a pan of water to the boil and add the sweet potatoes. Simmer for 15 mins until soft. Drain and mash with the butter.
4. Spoon the mince into a large oven proof dish and spoon the mash over the top. Bake for amount 30mins.

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