

Indian Spiced Sweet Potato and Lentil Pie

with Green Beans

hellóchef

Enjoy this veggie spin on shepherd's pie – packed with delicious Indian flavours!

Cals 676 • Prot 32 • Carbs 117 • Fat 13

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 60 min

R3240



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Mash	2 ppl	3 ppl	4 ppl	
Sweet potatoes	400	600	800	Grams
Salted vegan butter	20	30	40	Grams
Nigella seeds 3*, 13*	5	5	10	Grams
Salt	0.5	1	1	Tsp
Panko bread crumbs 10*, 11*, 12*	10	15	20	Grams
Desiccated coconut	10	15	20	Grams
Dal				
Brown onion	1	1	2	Piece
Carrot	1	2	2	Piece
Red lentils	160	200	300	Grams
Fresh coriander	15	15	30	Grams
Tomato paste	30	50	70	Grams
Ginger garlic paste	10	15	20	Grams
Curry powder	5	8	10	Grams
Chilli powder	2	2	2	Grams
Vegetable stock cube 15*	1	2	2	Piece
Water	500	750	1000	ML
Green beans				
Green beans	150	250	375	Grams
Salt	0.5	0.5	1	Tsp

Allergens

***3 Sesame Seeds, *13 Mustard, *10 Wheat, *11 Gluten, *12 Lupin, *15 Celery**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2830 / 676
Fat (g)	12.8
of which saturates (g)	5.9
Carbohydrate (g)	117
of which sugars (g)	23
Fiber (g)	23.1
Protein (g)	31.5
Salt (g)	1.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make mash

Preheat the oven to 200°C/180°C fan. Peel and chop the **sweet potatoes** into bite-sized pieces. Add them to a pan of salted boiling water. Cook for 20 min until soft. Once soft, drain and return them to the pan with the **butter** (use half if cooking for 2). Mash until smooth, add the **Nigella seeds** and season with **salt**.



2 Prep

Meanwhile, peel and finely chop the **onion** and **carrot**. Rinse the **lentils**. Chop the **coriander**, including the stalks.



3 Make dal

Heat a non-stick pan over a medium heat with a drizzle of oil. Once hot, add the **onion** and **carrot** with a pinch of **salt** and cook for 5 min until softened. Add the **tomato paste, ginger garlic paste, curry powder** and a pinch of **chilli powder (spicy!)**. Cook for 2 min further.



4 Bake

Add the **red lentils, stock cube** and **measured water**. Simmer for 15 min. Meanwhile, mix the **panko** with the **dessicated coconut** and a drizzle of oil. Once cooked, add the chopped **coriander** to the **dal**. Pour the **dal** into a baking dish. Top with the **sweet potato** mash, followed by the **coconut panko** mix. Bake for 15 min.

Tip! Toast the bread crumb and coconut mix in a pan for a beautifully golden colour!



5 Boil beans

Meanwhile, trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain.



6 Serve

Serve the **sweet potato pie** alongside the **green beans**.