

Lentil & Split Pea Shepherd's Pie

Ingredients:

- 4 sweet potatoes
- Salt & pepper
- Olive oil
- Fresh thyme
- 2 cups IMBO Lentils
- 2 cups IMBO Split Peas
- 1 tbsp milk
- ½ cup carrots
- ½ cup celery
- ½ cup diced onion
- 2 cans diced tomatoes
- 1 tbsp chopped basil
- ½ cup chopped spinach
- 2 tbsp soya sauce

Directions:

1. Using a potato peeler, peel 4 sweet potatoes. Place the potato skins on a lined baking tray and season with salt, pepper fresh thyme and olive oil. Toss to coat the skins and bake at 180°C for 15 minutes.
2. Slice the sweet potatoes and boil in water for 15 - 20 minutes.
3. Rinse 2 cups lentils and 2 cups split peas together in a colander until the water runs clear. Once rinsed simmer for 30 minutes in boiling water. Drain and set aside.
4. Mash the cooked sweet potatoes with 1 tbsp of milk and salt until smooth.
5. In a large pan, soften 1 cup carrots, 1 cup celery, 1 cup onion with 2 tbsp water. Add the cooked grains and mix to combine.
6. Add 2 cans diced tomatoes together with 1 tbsp basil, chopped spinach and soya sauce.
7. Simmer for 10 - 15 minutes.
8. Place the mixture into small casserole dishes, topped with an even layer of sweet potato.
9. Bake at 180°C for 20 minutes.
10. Serve with fresh basil and crunchy potato skins.