

Michela's Veg & Lentil Cottage Pie



Serves 1 + baby

Prep 10 mins

Cooking 40 mins

Easy

Ingredients

1 medium leek
1 large carrot
1 small onion
1 stick celery
olive oil
100 g split pea red lentils
500 ml organic vegetable stock
100 g frozen peas
sea salt
freshly ground black pepper
2 tablespoons tomato purée
30 g Parmesan cheese
1 large sweet potato (300g)

1. Preheat the oven to 180°C/Fan 160C/Gas 4. Trim, wash and finely slice the leek. Peel and dice the carrot, onion and celery.
2. Heat a splash of oil in a medium pan on a medium heat; add the leek, carrot, onion and celery. Pop the lid on and cook for 5 to 10 mins, or until softened. Add the lentils, stock & peas, then bring to the boil, stirring regularly. Once boiling, reduce to a simmer & cook for 10 - 15 mins, or until the lentils are cooked.
3. For baby, remove some to a blender (hand-held stick blender), or a bowl, & either blend to a purée, pulse, mash or finely chop depending on the stage baby's at.
4. For adults, season to taste with sea salt and black pepper, then add the tomato purée. Peel & clean the sweet potato, then coarsely grate it into a bowl, toss with a little oil & a good few gratings of Parmesan. Alternatively, peel and cube the sweet potato and cook until tender, about 5 mins. Mix in the grated Parmesan.
5. Transfer the filling to a 15cm x 20cm ovenproof dish and sprinkle with the sweet potato or cover with the sweet potato & Parmesan mash. Bake for 15 to 20 mins, or until the potato topping is golden and cooked through & the filling is piping hot.