



Sweet Potato Shepherd's Pie

with Lentils and Spinach



30-40min



2 Servings

You may have heard of Shepherd's Pie, a warming dish of ground meat and mashed potatoes. We've reinvented this classic while keeping its comforting qualities. We cooked lentils with vegetables and two flavor boosters (soy sauce and balsamic) so they're a rich base for a creamy, sweet potato mash, smoothed right on top. Cook, relax and enjoy!

What we send

- baby spinach
- medium yellow onion
- green lentils
- large clove garlic
- sweet potatoes
- celery
- tomato paste
- balsamic vinegar

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- colander
- large saucepan
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 775.0kcal, Fat 20.6g, Proteins 32.2g, Carbs 104.4g



1. Cook potatoes

Peel sweet potatoes and cut into 1-inch pieces. Place in a medium saucepan and cover with cold water by 1 inch. Season with 1 teaspoon salt and bring to a boil. Cook until tender, about 15 minutes.



4. Cook lentils

Add lentils and 2 cups water to pot and bring to a vigorous simmer. Cover and cook until lentils are tender and water is almost all absorbed, about 20 minutes. Stir in spinach, tamari, vinegar, and 1 cup water. Cook, stirring occasionally, until spinach is wilted, about 5 minutes. Season to taste with salt.



2. Prep vegetables

Meanwhile, halve, peel and finely chop onion and garlic. Trim ends from celery then finely chop.



5. Make sweet potato mash

As soon as sweet potatoes are tender, drain in a colander and return to saucepan. Add butter and mash until smooth; season well with salt and pepper. Grate cheddar and mix $\frac{1}{3}$ of cheese into sweet potatoes.



3. Cook vegetables

Heat 1 tablespoon oil in a medium pot over medium-high. Add onion, garlic, and celery and cook until softened, about 2 minutes. Add tomato paste and cook, stirring, until combined, about 1 minute more.



6. Broil shepherd's pie

Preheat broiler with rack 6 inches from heat source. Transfer lentils to a shallow 2-quart baking dish and spoon mashed sweet potatoes over the top, spreading with the back of a spoon. Sprinkle remaining cheese over top. Broil until golden, about 5 minutes (watch closely as broilers vary widely). Enjoy!