

MARLEY SPOON



Braised Beef and Lentils

with Sweet Potato Galette



30-40min



2 Portions

Think of this one-pot dinner as a revamped cottage pie with lentils and extra veggies in the meat sauce, and crisp baked sweet potato slices for the topping. Rich in protein and fibre, this makes a much lighter meal than your usual bake with mashed potato.

What we send

- garlic, rosemary, parsley
- baby spinach leaves
- passata
- green peas
- carrots, sweet potato
- red lentils
- grass-fed beef mince
- brown onion

What you'll require

- butter⁷
- olive oil
- sea salt and pepper
- sugar

Utensils

- baking paper
- large saucepan
- oven tray
- pastry brush
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 880kcal, Fat 22.0g, Carbs 105.6g, Proteins 53.1g



1. Prepare ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Finely chop the **onion**. Crush or finely chop the **garlic**. Quarter the **carrots** lengthwise, then thinly slice. Pick the **rosemary** leaves, then finely chop. Drain and rinse the **lentils** in a sieve. Pick **parsley** leaves and coarsely chop.



4. Prepare sweet potato

Meanwhile, scrub or peel the **sweet potato**, then cut into 2mm-thick rounds. Melt the **butter**.



2. Brown beef

Heat the **oil** in a large saucepan over medium heat. Add the **onion, garlic, carrot** and **rosemary**, and cook, stirring, for 5 mins or until softened. Increase heat to high. Add the **beef** and cook for 3-5 mins until browned, stirring to break up any lumps.



3. Braise beef

Add the **lentils, sugar, salt and pepper**, and **half the passata** (keep the remainder for another use), and stir to combine. Bring to the boil, then reduce heat to low and simmer gently for 10 mins or until thickened.



5. Cook galette

Arrange the **sweet potato** slices in a single layer slightly overlapping on the lined tray. Brush with the melted **butter** and season with **salt and pepper**. Bake in the oven for 15 mins or until golden and tender.



6. Add vegetables

5 mins before galette is ready, add the **peas** and **spinach** to the beef mixture. Cook for 2 mins or until the spinach has wilted, adding a little water if the mixture is too dry. Divide the beef mixture among bowls and top with a section of the galette. Scatter with the **parsley** to serve.