



HEALTHY

Moroccan Shepherd's Pie

with Sweet Potato Crust



30-40min



2 Portions

Heartwarming, delicious and satisfying, this non-traditional shepherd's pie will have you feeling full and satiated in no time. The buttery sweet potato crust tops off a rich lamb and chickpea filling, spiced with ras el hanout. Even Nan would approve this pie's international update.

What we send

- 1 onion
- 1 carrot
- 50g pitted green olives
- 2 chicken-style stock cubes
- lamb mince
- 10g ras el hanout spice blend^{1,17}
- 400g chickpeas
- 50g tomato paste
- 2 sweet potatoes
- mint
- 2 garlic cloves

What you'll require

- sea salt and pepper
- olive oil
- boiling water
- red wine vinegar¹⁷

Utensils

- medium saucepan
- large frypan
- slotted spoon
- 1L (4 cup) baking dish

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

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 575kcal, Fat 24.7g, Carbs 45.1g, Proteins 35.9g



1. Make sweet potato mash

Read through the recipe. Peel the **sweet potato** and cut into 2cm chunks. Put in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 10-12 mins until tender. Drain well, then return to the pan. Add **2 tsp olive oil** and mash until smooth. Season with **salt and pepper** and stir to combine.



4. Cook aromatics

Cook the **onion** and **carrot** in the pan, stirring occasionally, for 3-4 mins until softened. Add the **garlic**, **1 tbs ras el hanout** (the remaining ras el hanout won't be used in this dish) and cook, stirring, for 1 min or until fragrant. Meanwhile, rinse and drain the **chickpeas**.



2. Prepare ingredients

Meanwhile, finely chop the **onion**. Peel the **carrot** and finely chop. Crush or finely chop the **garlic**. Finely chop the **mint leaves**, discarding the stems. Coarsely chop the **olives**. Crumble **1 stock cube** (the remaining stock cube won't be used in this dish) into a heatproof jug, add **250ml (1 cup) boiling water** and stir to dissolve.



5. Finish filling

Add the **tomato paste** to the carrot mixture and cook, stirring, for 1 min. Return the **lamb** to the pan, stir in the **stock** and **half the chickpeas** (the remaining chickpeas won't be used in this dish). Bring to the boil, reduce the heat to medium and cook for 4-5 mins until thickened. Stir in the **olives** and **1 tsp red wine vinegar**. Taste, then season with **salt and pepper**.



3. Brown lamb

Heat **1 tsp olive oil** in a large frypan over medium-high heat. Cook the **lamb mince**, breaking up the lumps with a spoon, for 4-5 mins until browned. Using a slotted spoon, transfer the lamb to a bowl, leaving the oil in the pan. Preheat the grill to high.



6. Get ready to serve

Transfer **lamb filling** to a 1L (4 cup) baking dish. Spread the **mash** over the filling and brush with **1 tsp olive oil**. Grill for 6-8 mins until golden. Scatter over the **mint**. Divide the **pie** among plates to serve.