



**HEALTHY**

## Moroccan Shepherd's Pie

with Sweet Potato Crust



40-50min



4 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
- 2 carrots
- 100g pitted green olives
- 2 chicken-style stock cubes
- lamb mince
- 20g ras el hanout spice blend<sup>1,17</sup>
- 400g chickpeas
- 2 x 50g tomato paste
- 4 sweet potatoes
- 3 garlic cloves
- mint

## What you'll require

- sea salt and pepper
- olive oil
- boiling water
- red wine vinegar<sup>17</sup>

## Utensils

- medium saucepan
- large deep frypan
- slotted spoon
- 1.5L (6 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 potatoes** 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 **1 tbs olive oil** and mash until smooth. Season with **salt and pepper** and stir to combine.



### 2. Prepare ingredients

Meanwhile, finely chop the **onion**. Peel the **carrots** and finely chop. Crush or finely chop the **garlic**. Finely chop the **mint leaves**, discarding the stems. Coarsely chop the **olives**. Crumble the **stock cubes** into a heatproof jug, add **500ml (2 cups) boiling water** and stir to dissolve.



### 3. Brown lamb

Heat **2 tsp olive oil** in a large deep 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.



### 4. Cook aromatics

Cook the **onion** and **carrot** in the pan, stirring occasionally, for 3-4 mins until softened. Add the **garlic**, **2 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**.



### 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 **chickpeas** and bring to the boil. Reduce the heat to medium and cook for 4-5 mins until thickened. Stir in the **olives** and **2 tsp red wine vinegar**. Taste, then season with **salt and pepper**.



### 6. Get ready to serve

Transfer the **lamb filling** to a 1.5L (6 cup) baking dish. Spread the **mash** over the filling and brush with **2 tsp olive oil**. Grill for 6-8 mins until golden. Scatter over the **mint**. Divide the **pie** among plates to serve.