

Curried Lentil Pie

Serves: 6

Prep time: 20 minutes

Cook time: 50 minutes



3 ½ serves per portion

Ingredients

800g potatoes, washed, peeled and roughly chopped
60g vegetable-based spread
Salt and pepper, to taste
2 tablespoons extra virgin olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
4cm piece ginger, peeled and grated
1 celery stalk, finely chopped
1 carrot, finely chopped
¼ cup madras curry paste
2 x 400g cans lentils, rinsed and drained
400g can crushed tomatoes
165ml can light coconut milk
1 cup frozen peas

Method

PLACE potatoes in a large saucepan, cover with cold water and bring to the boil over medium to high heat. Boil uncovered for approximately 20 minutes, or until tender.

DRAIN well, add vegetable spread, salt and pepper and mash roughly. Set aside.

PREHEAT oven to 220°C (200°C fan forced).

HEAT oil in a large saucepan over medium heat. Add onion, garlic, ginger, celery and carrot. Cook, stirring, until ingredients are soft (5-10 minutes).

ADD curry paste and cook, stirring, for 1-2 minutes until aromatic.

ADD lentils, tomatoes and coconut milk. Bring to the boil. Reduce heat to simmer and cook uncovered for 10 minutes, until the mixture has thickened.

ADD frozen peas and stir to combine.

GREASE a 6cm deep 20cm x 25cm baking dish. Transfer the lentil mixture to the dish.

TOP with mashed potatoes.

BAKE for 25 minutes or until top is golden brown.



Everyday Food

Recipe courtesy of the Country Kitchens team