

Protein High Cottage Pie

Ingredients

Topping

- 1 Sweet potato
- 1.4 Kg of potatoes
- 50 grams of quinoa
- 2 teaspoons of turmeric
- Bay leaf
- 1 tablespoon of coconut oil
- 2 tablespoons of vegan butter
- 6 - 10 leaves of sage very finely chopped

Base

- 1 - 2 chilli peppers chopped finely (depending on heat preference)
- 2 cloves of garlic chopped
- 1 large red onion thinly sliced
- 50 grams Amaranth (Boiled with lentils - which is the next ingredient -for about 10 to fifteen minutes until lentils are soft)
- 250 grams of green lentils (Soaked overnight and boiled)
- 1 sprig of rosemary
- 2 teaspoons of dried thyme
- 10 fluid ounces or half a pint of good quality vegetable stock.
- 2 carrots finely chopped.

You can add other small vegetables like peas and sweet corn if desired.

Cooking instructions for topping

Add all the ingredients except the coconut oil and vegan butter to a saucepan and cover with boiling water and simmer for ten to fifteen minutes until the quinoa have little tails on them and the potatoes are soft enough to mash. Drain and mash. Add coconut oil and vegan butter when mashing.

Cooking instructions for base

Fry chilli, garlic and onion in oil and around half of the vegetable stock so the ingredients are covered by the stock. Cook for about 5 minutes, stirring occasionally. Add rest of the stock, the chopped carrots, the thyme, the rosemary and rest of the stock and cover the pot and allow to cook for a further ten minutes stirring occasionally. Add the boiled lentils and amaranth once the carrots have softened and stir in well. Allow to cool and then place in a baking dish.

Add the mashed topping to the dish and cover the lentil mix, decorating with a fork to create ridges in the mash and then bake in oven at approximately 200 degrees centigrade until the top goes a little crispy. About fifteen minutes..



Some food facts

Amaranth contains more protein than any other gluten free grain and is an excellent source of lysine. Amaranth is a good source of calcium, magnesium, iron and fibre.

Quinoa is a complete protein, naturally high in fibre and a slow digestible carbohydrate. Also contains small amounts of omega 3.

Green lentils are a rich provider of protein and carbohydrate, and a good source of calcium, phosphorous, iron and B vitamins.

We hope you enjoy our recipe. Happy eating!!!!