

Vegan Shepherds Pie with Black Beans and Sweet Potato



Serves 6 (449g per serve)

Energy: 1625Kj (388Kcal), protein: 13g, total fat: 16g, saturated fat: 3g, carbohydrate: 40g, dietary fibre: 17, sodium: 34mg/100g

Ingredients

- Olive oil lite x 1 tablespoon
- Brown Onion x 1 medium or 100g
- Garlic x 4 cloves or 20g
- Black Beans 600g
- Zucchini x 1 medium or 100g
- Carrot x 1 medium or 100g
- Crushed tomato low sodium x 2 tins or 800g
- Bay leaves x 2
- Dried Thyme x 2 teaspoon
- Ground Black pepper x 2 teaspoon
- Tomato paste x 2 – 3 tablespoons or 70g
- Sweet potato x 900g peeled
- Coconut yoghurt low fat x 2 tablespoon
- Water x 3 cup

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Method

Beef Ragout

1. Finely dice the brown onions, garlic and saute on a medium heat until translucent
2. Shred the zucchini and carrots and saute for a further 5 minutes
3. Add the black beans
4. Add in the dried thyme and stir in well, then add the bay leaves
5. Add all the crushed tomato and the 1 cup of water and bring to the boil and reduce the heat to a simmer
6. Add 1 tablespoon of ground black pepper
7. The cooking time will be approximately 1 hour on a low simmer, and you may need to add a little bit of water to stop it from going to dry
8. Add in the tomato paste and cook for further 15 minutes
9. Once the ragout is cooked set aside and allow it to cool, preferably overnight in the fridge. This will firm up the mixture to allow better cooking and handling later on

Sweet Potato Top

10. Peel and cut the sweet potato into medium size cubes and place in a pot
11. Add 2 cups of water and bring to a simmer
12. The cooking of the sweet potato will take approximately 10 minutes and being careful not to overcook them
13. Strain the sweet potato and allow them to dry
14. Turn on and pre-heat the oven to 165c/329f and while the oven is heating
15. Mash the sweet potato to a fine consistency and add 1 tablespoon of pepper and all of the low-fat coconut yoghurt
16. Pipe the sweet potato on top and bake for around 30 minutes and serve.
17. Garnish with parsley

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