

# Vegan Christmas Cottage Pie with Sweet Potato Mash

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## Ingredients for 4 servings:

### Ingredients for the Sweet Potato Mash:

1kg sweet potatoes, peeled  
Knob of vegan butter  
1 sprig rosemary, finely chopped  
1 sprig thyme, finely chopped  
Large pinch salt & pepper

### Ingredients for the Pie Filling:

3 garlic cloves, crushed  
1 red onion, finely diced  
2 sprigs rosemary, finely chopped  
2 sprigs thyme, finely chopped  
100g mushrooms, sliced  
150g brussels sprouts, sliced  
100g chestnuts, chopped  
1 parsnip, diced  
1 carrot, diced  
2 tbsp gravy granules (use a gluten-free and vegan one)  
1 tbsp tamari (gluten-free soy sauce)  
1 can lentils, drained  
1 tbsp cranberry sauce (optional)



## Preparation:

1. Peel and chop the sweet potatoes into cubes. Place them into a pot of salted water, bring to a boil and then simmer until soft.
2. Meanwhile heat a large pot with oil and add in the garlic, red onion, rosemary, thyme, and fry together for a few minutes.
3. Now add in the mushrooms, brussels sprouts, chestnuts, parsnips, carrots, gravy granules, Tamari, lentils, and cranberry sauce and cook together for 10 minutes.
4. Once the sweet potatoes are soft, drain and place back into the cooking pot. Add the butter, rosemary, thyme, salt and pepper and mash it together.
5. Now transfer the vegetable mix and place into the bottom of a large baking dish, top with the sweet potato mash and bake in the oven at 200C (390F) for 25 minutes.

**Cooking Time:** approx. 70 Minutes **Preparation Time:** approx. 45 Minutes

## Nutritional value per serving:

Energy: 530 kcal/ 2220 kJ  
Protein: 13 g  
Fat: 12 g  
Carbohydrates: 83 g

American Sweet Potato Marketing Institute

Contact: mk<sup>2</sup> gmbh, Oxfordstraße 24,  
D-53111 Bonn, tel: +49 228/943 787 – 0,  
email: info@mk-2.com

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