

Vegetable potato top pie

Serves 2

Ingredients

2 medium potatoes, peeled and sliced in half

1 tablespoon milk

1 teaspoon margarine

2 teaspoons oil

½ onion, chopped

1 carrot, chopped

1 stalk celery, sliced

½ cup grated pumpkin

1 clove garlic, crushed

½ can chopped tomatoes

½ stock cube or ½ teaspoon stock powder

½ can lentils, drained and rinsed

½ tablespoon vinegar

½ teaspoon chopped fresh herbs

pinch pepper

chopped fresh parsley to garnish (optional)

Method

1. Preheat oven to 180°C.
2. Place potatoes into a medium saucepan, adding enough cold water to cover potatoes.
3. Bring to the boil, then reduce heat and simmer until potatoes are tender (about 10 minutes). Remove from heat and drain.
4. Mash with milk and margarine.
5. While potatoes are cooking, heat oil to medium heat in a large saucepan, add onion, carrot, celery, pumpkin and garlic, and stir fry until soft.
6. Add tomatoes, stock powder, lentils, vinegar, fresh herbs and pepper. Cook gently for 10 minutes, stirring. Remove from heat.
7. Divide vegetable mixture into two small pie dishes, then spread mashed potato over the top of each.
8. Place in preheated oven and bake for 25 minutes until golden brown.
9. Carefully remove from oven, allow to cool slightly.
10. Garnish with parsley (if using) and serve.



Equipment

- Colander or sieve
- Cutting board and knife
- Measuring cups
- Measuring spoons
- Medium saucepan
- Large saucepan
- 2 small pie dishes
- Potato masher
- Serving spoon
- Small saucepan
- Wooden spoon

Preparation and cooking skills

Bake, brown, chop, crush, dice, drain, grate, mash, mix, pan-fry, rinse, simmer, slice.

Nutrition

- Potato, yam, taro, green banana, corn and kūmara are all starchy vegetables.
- Starchy vegetables are a source of carbohydrate which helps to fuel your body and brain.

Serving suggestion

- Serve with a green salad.