Lentil and haloumi pie

Preparation time

50 minutes

Serves

4

Recipe courtesy of

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Ingredients Method Nutrition

800g Desiree potatoes, peeled and diced

30g olive oil margarine spread

½ cup (125ml) Lite milk

2 Tbsp extra virgin olive oil

1 garlic clove, peeled & crushed

1 onion, finely chopped

2 medium carrots, chopped in small pieces

2 x 400g cans brown lentils, rinsed and drained

400g cans diced tomatoes - with basil & oregano

180g haloumi, cut into 1cm-thick slices

1. Preheat oven to 200°C (fan forced).

2. Steam potatoes until tender. Mash well with margarine and milk. Season to taste and keep warm.
3. Heat oil in a heavy-based pan on medium heat. Cook garlic, onion and carrot for 5 min, until tender. Add lentils and tomatoes. Cook for 10 min, until the sauce thickens.
4. Spoon lentil mixture into a 6-cup overproof dish and top with mashed potatoes. Press haloumi slices into the mash. Bake in oven for 20-25 min, until golden on top.

Serve and enjoy!

Nutritional information is provided per serve

Engery	2226kj
Protein	25g
Saturated Fat	8g
Total Fat	23g
Carbohydrates	49g
Sugars	15g
Dietary Fibre	13g
Sodium	1636mg