

Lentil and haloumi pie

Preparation time

50 minutes

Serves

4

Recipe courtesy of

Vanessa Schuldt, Accredited Practising Dietitian (APD)



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

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