

Ferraro's Cucina

Sweet Potato Black Bean Shepherds Pie



Preparation

Ingredients

600 g **Sweet Potato**
(peeled and cut into small cubes)

Small splash of **Almond Milk**

230 g **Black Beans**
(drained and washed)

230 g **Red Kidney Beans**
(drained and washed)

400 g **Canned Tomatoes**

150 g **Button Mushrooms**

4 **Spring Onions** (sliced)

1 large **Red Onion**
(peeled and finely diced)

2 **Garlic Cloves**
(peeled and finely diced)

1 tbsp **Maple Syrup**

Handful **Fresh Coriander**
(roughly chopped)

1 tsp **Smoked Sweet Paprika**

Juice of 1 **Lime**

Salt and **Pepper** to taste

Olive Oil

- Preheat the oven to 200C, grill setting.
- Boil the peeled sweet potatoes until tender, about 30 minutes. Drain and leave to one side.
- Fry the onions, garlic and a pinch of salt, in a drizzle of olive oil over a medium heat for 5 minutes, until the onion softens. Add the paprika and slices of spring onion, sauté for 2 - 3 minutes, ensuring they are coated in the paprika, before adding the mushrooms and mixing again.
- Add both of the beans, coating them in the paprika, and sauté for a further 5 minutes. Then add the tinned tomatoes, maple syrup, lime juice, pepper and coriander, mixing everything through.
- Once the sweet potatoes are soft, mash them with the almond milk and a pinch of salt.
- Spoon the bean mix at the bottom of a baking tray and top with the sweet potato mash. Place in the oven to grill until it starts to crisp on the top, about 20 - 25 minutes.

