

Rachel's Kitchen

Recipe of the Month

Ratatouille Lamb Pie with Sweet Potato Mash

Ingredients:

1 onion	1 butternut squash
1 pack of mushrooms	2 cloves crushed garlic
2 bell peppers	Squeeze tomato puree
1 pack baby sweetcorn	2 tins chopped tomatoes
3 sticks celery	2 tbsp Fresh parsley, chopped
2 courgettes	1 aubergine
2 handfuls of peas	400g lean diced lamb
1tsp paprika	2 large sweet potatoes

Method:

Chop all of the vegetables and soften over a low heat for 10-15 minutes. Add the tomato puree and cook for two minutes then add the tinned tomatoes and peas. Simmer for 1 hour, adding more water if needed. In a separate pan brown the lamb all over then transfer into the pan with the ratatouille vegetables. Cook all of the ingredients together for 30 minutes. Preheat the oven to 180°C. Meanwhile make the sweet potato mash. Mix the parsley in with the mash. Transfer the ratatouille lamb to a large, rectangular, oven proof dish and top with the sweet potato. Bake for 10-15 minutes until the topping is lightly browned. Serve with a salad and some wholemeal bread to mop up the delicious juices.

Rachel says: 'This is such a tasty way to up your daily intake of health promoting vegetables. The Mediterranean flavours really sing and the lamb marries with the flavours excellently!@

- **8 of your 5 a day!! Packed with Vitamins and Minerals! So tasty your children won't mind all the 'good for you' vegetables! Full of different flavours and textures!•**

