



Niki's Sweet Potato Shepherds Pie Recipe

Serves 8-10

Prep 10 mins

Cooking Time 1 hour

Ingredients

1 kg sweet potato, peeled and chopped

2 tbs extra virgin olive oil

1 large red onion, finely chopped

1 kg lean beef mince

1 kg Niki's homemade tomato/red pepper sauce

OR 2x500g jars of tomato pasta sauce that contain peppers or vegetables

Bakeware

26cm x 31cm ovenproof dish

Method

Preheat oven 180°C, 350° F or Gas 4. Steam sweet potatoes until tender. Meanwhile heat a large saucepan on a medium/high heat and add oil. Add red onion and saute for 5 minutes or until it is soft. Now add the mince and stir, mashing it as you go to stop any lumps forming. Cook until the mince has all changed colour and most of the liquid has evaporated. Add the tomato pasta sauce (either my recipe or store bought) and stir in well. Simmer on a low heat for about 10-15 minutes. Now mash the sweet potato, adding salt and pepper to taste. Spoon meat mixture evenly into ovenproof dish and top with mashed sweet potato. Smooth the potato layer and drizzle with a little olive oil. Bake for about 45 minutes.

Tips

You can sprinkle a little cheese on top of the sweet potato or stir in 2 cups of frozen peas to the meat mixture just before you put it in the ovenproof dish. If your dish is full, place it on an oven tray to catch any leakage whilst it is cooking.

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