



Mustard-Mashed Borlotti Pie

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Ingredients

For 4 (or 3 hungry people):

200g tin of borlotti beans, drained and rinsed
200g tin of chopped tomatoes
4 mushrooms, chopped
1 green pepper, chopped
1 small carrot, chopped
Large handful of spinach
Small red onion, chopped
1 piece of stem ginger, grated

1 large sweet potato, chopped
2 tsp wholegrain mustard

Instructions

- 1) Gently boil the sweet potato for about 20 minutes.
- 2) Meanwhile, fry the onion and ginger in a deep saucepan.
- 3) Add the beans, mushrooms, pepper and carrot. Stir well for 5 minutes.
- 4) Pour in the chopped tomatoes, mix around and leave to simmer over a low heat for 10 minutes.
- 5) In the last few minutes, stir in the spinach. Pour into a pie dish.
- 6) Drain the potatoes and add the mustard. Mash well and spoon over the pie filling. Stick under the grill for 5 minutes.