

Aduki Bean & Sweet Potato Pie

Ingredients

125g dried aduki beans
2 tbsp olive oil
1 onion, finely chopped
2 carrots, diced
1 celery stick, diced
100g mushrooms, diced
1 tspn dried thyme
1 tspn dried oregano
1/2 tbsp paprika
tin chopped tomatoes
1 tbsp tomato puree
2 cloves garlic, crushed
1 tspn bouillon
200ml water
salt and pepper to taste

For the potato topping

300g potatoes
200g sweet potatoes
splash of milk and
dollop of butter
(For a vegan alternative,
add soya milk and some
vegetable stock)
salt and pepper to taste

Method

Cover the aduki beans with plenty of water, bring to the boil and simmer for 50 mins until tender. Boil the peeled potatoes in a large pot until soft, about 12-15 mins. then drain and mash with the rest of the ingredients for the potato topping until smooth.

Preheat the oven to gas mark 4/350F/180C. Heat the oil in a saucepan and gently fry the onion for 5 mins. Add the celery & carrots and fry for a further 5 mins. Then add the mushrooms, herbs & paprika and cook for 2-3 mins. Finally add the tomatoes, garlic, cooked beans & stock and simmer gently for 20 mins. Place the bean mix into a baking dish, top with the potato & sprinkle cheese or pumpkin seeds or both. Bake in the oven for 40 minutes until golden.

Serves 4-6

Serving Suggestions:

Serve with steamed green vegetables