

FIONA TUCK

NUTRITION WELLNESS YOGA



Sweet Potato and Pumpkin Pie

Prep: 15 mins

Cook: 25 mins

Serves: 4

Ingredients:

For the pie topping:

1 large sweet potato, peeled and cubed

1/2 small pumpkin, cubed

1/4 teaspoon cinnamon

For the pie filling:

1 tablespoon olive or coconut oil

500 g minced beef

2 whole onions, peeled and diced

2 whole cloves garlic, peeled and minced

1 cup frozen thawed or fresh peas

1 medium capsicum, cored and diced finely

1 medium carrot, diced

2 medium zucchinis, sliced into 1cm thick rounds

2 tablespoons mixed Italian herbs, fresh are best

2 cups passata

To serve:

2 cups baby spinach leaves or salad greens

Directions:

1. Place the sweet potato and pumpkin in a steamer set over a pot of simmering water, cover and steam the vegetables for 10 minutes, or until tender. When ready, remove from the steamer and blend with the cinnamon.
2. Meanwhile, heat oil in a large frying pan or cast iron dish set over medium-high heat. Add mince, onion and garlic and cook for 5 minutes, stirring and breaking up the meat into small granules.

3. Add remaining ingredients and stir to combine. Cook for a further 10 minutes, stirring occasionally.
4. Top the filling with the sweet potato and pumpkin mixture and serve with some baby spinach leaves or salad greens. Once mostly cooked, add the chilli, garlic, turmeric, ginger and chopped coriander stalks. Mix well and cook for a minute before adding the cauliflower and vegetables.
5. Stir fry for 5 minutes then cover and cook over medium heat for 4-5 minutes for the vegetables to soften slightly and the chicken to cook through.
6. Add coconut cream, if using, and mix well before serving the stir fry topped with coriander leaves.