

Main
Meal



CHEWY BUG'S 3-BEAN SHEPHERD'S PIE

When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



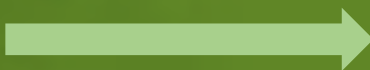
Squash =
Super Squasher



Carrots =
Poo fertiliser



Spring onion =
Cooly Bug's paintbrush



Ingredients

Filling

- 1-2 tbsp olive oil
- 2 sticks celery
- 1 medium red onion
- 2 cloves garlic
- 1 tin tomatoes
- 1 tin chickpeas
- 1 tin butter beans
- 1 tin kidney beans
- 2 vegetable stock cubes in 200ml water

Topping

- 1 medium butternut squash
- 3 carrots
- 3 spring onions
- 1-2 tbsp of olive oil

Method

1. Cut the squash and carrots and roast in the oven 40-60mins in oil.
2. Fry celery, onion and garlic in oil for 5-10mins.
3. Add tins of tomatoes, butter beans, kidney beans and chickpeas with stock. Bring to the boil then simmer for 40mins.
4. Mash the squash and carrots and add chopped spring onions.
5. Put the bean mixture into an oven dish and add the squash topping. Sprinkle cheese on top and bake for 20mins. Serve with toasted sourdough bread.

Serves 6
80mins to prepare and cook
293 calories/serving
Vegetarian

This has
12g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 12g
Protein 14g
Carbohydrates 36g

Tip: Swap the squash for sweet potato. Swap any beans for different types of beans. Add herbs like rosemary to increase fibre.

Each 421g portion contains:				
ENERGY	FAT	SATURATES	SUGARS	SALT
1228kJ 293kcal	7.9g	3.2g	14g	0.36g
15%	11%	16%	16%	6%