

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

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
90g grated cheese

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 to the celery mixture, tins of tomatoes, drained butter beans, kidney beans and chickpeas with the 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.

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

This has
18g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 18g
Protein 18g
Carbohydrates 42g

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