

St. Paul's Cooking Class Crew

Veggie Shepherd's Pie

Prep: approx. 1 hour

Cook: 20mins

Serves: 6-8

Ingredients

- 1 tablespoon of veg oil.
- 1 onion, finely chopped
- 2 carrots, peeled and grated
- 1 clove garlic, finely chopped
- handful chopped fresh rosemary (optional)
- Tin of chopped tomatoes
- 150g chestnut mushrooms, roughly chopped
- 1 tin puy lentils or green lentils
- 2 handfuls of spinach (optional)
- 20gram (approx) tomato puree
- 1 tablespoon Worcestershire Sauce (optional)
- 1 tbsp soy sauce (optional)
- 1tsp chilli flakes (optional)
- teaspoon salt.
- 1kg Potatoes (you can use a mix of white and sweet potatoes or even parsnips!)
- 20g butter (approx)
- ¼ pint milk (approx)
- 200ml veg stock
- Black pepper
- Grated parmesan (handful approx)

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Veggie Shepherd's Pie Continued...

Method:

1. Heat the oil in a frying pan over a medium heat. Add the onions and fry for 4–5 minutes, or until beginning to soften.
2. Add the carrots, mushrooms and garlic and continue to cook, stirring regularly, for 4–5 minutes.
3. Add the Rosemary lentils, tomatoes, stock and stir together until well combined. 4. Bring the mixture to the boil, then reduce the heat until it is simmering and continue to simmer for 18–20 minutes while you make the topping.
4. Pre – heat oven to 200degrees or 180 fan
5. To make the topping, bring a large saucepan of water to the boil. Add the sweet potato and potato and boil for 18 -20minutes, or until tender
6. Drain the vegetables well and return them to the pan. Add the butter, season well with salt and pepper, then mash until smooth. Set aside and keep warm.
7. Stir the Worcestershire sauce (if using), soy sauce, chilli flakes (if using), spinach and sugar (if using) into the filling mixture, which should have thickened during cooking. Continue to simmer for a further 1–2 minutes, adding a little water if the mixture is too dry (simmer for longer if the mixture is too watery). Season with salt and pepper.
8. Transfer the filling mixture to an ovenproof baking dish, then spoon over the topping and spread into an even layer. If you like a crispy topping, create peaks in the mash using a fork. Sprinkle over the Parmesan, if using.
9. Bake the shepherd's pie in the oven for 18–20 minutes, or until the topping is golden brown and the filling is bubbling.
10. Can also place under the grill if stuck for time.
11. Can be served with peas, broccoli or any veg of your choice.