

Lentil Shepherd's Pie with Cheese Mash



Ingredients:

For the mash:

4 or 5 white potatoes peeled and diced evenly

Handful of grated cheese

For the pie filling:

2 onions chopped

2 cloves garlic crushed

2 carrots grated

Handful of mushrooms sliced

You can also add a handful of frozen mixed veg or frozen peas

1 400g tin green lentils or 200g (about 1 $\frac{1}{2}$ cups) dried lentils soaked overnight

1 400g tin chopped tomatoes

1 veg stock cube in 200ml boiling water

Method:

For the mash:

- Cover the potatoes in salted water, bring to the boil and cook until they just start to collapse when you press on them.
- Strain through a sieve or colander and allow to steam dry
- Mash with a masher with salt and pepper then add the cheese and mix well.

For the pie filling:

- Fry the onions in a large pan until soft
- Add the garlic and cook through
- Add the carrots and cook until soft
- Add the mushrooms and cook until soft
- Then add the lentils, tomatoes and stock and bring to the boil
- Turn heat down and allow the mixture to thicken and the lentils soften
- You can experiment now with adding tomato ketchup or tomato puree to thicken the filling. You can also add Worcester Sauce, Soy Sauce or BBQ sauce depending on what you like
- Have a taste and add salt and pepper if needed
- Once the filling is thick, spoon into a deep oven proof dish
- Cover with the cheese mash and spread out as evenly as you can

- Put in the oven at 200° for 15-20 minutes until bubbling hot
- Serve with peas, beans, salad or mixed veg on the side
- Enjoy