

Recipe kits

SHEPHERDESS PIE



Equipment

- Chopping board
- Peeler
- Knife
- 1 mug
- 2 medium sized pots
- Bowl
- Wooden spoon
- Potato masher
- Cheese grater
- Baking dish

Mash ingredients

- 4-5 large potatoes, peeled and chopped into cubes
- Cooking water, dash of milk or knob of butter
- Cheese
- Salt to taste

*Optional alterations to the mash:
Use half white potatoes, half sweet potatoes or cauliflower for the mash*

Filling ingredients

- 1 tbsp oil
- 1 large onion, diced
- 1 large garlic clove, minced
- 2 carrots, finely chopped
- $\frac{3}{4}$ mug of soy flakes
- $\frac{3}{4}$ mug of red lentils
- Canned vegetables
- 2 tbsp tomato paste
- 1 and a half Oxo cube
- 2 $\frac{1}{2}$ mugs/ 1 $\frac{1}{2}$ pints of boiling water
- 1 tsp dried herbs
- Salt and pepper to taste

Optional additional ingredients:

Mushrooms, grated courgettes, leeks, soy sauce, Worcestershire sauce, marmite, veg gravy to serve with



Method

1. Start by peeling and chopping your ingredients as stated in the ingredient list.
2. In a medium-sized pot, add the peeled and chopped potatoes and add enough cold water so the potatoes are covered by approx. an inch. Add a teaspoon of salt. Bring to the boil on medium-high heat. Once the water is boiling, turn the heat down to a simmer and cook until the potatoes are soft, and a fork goes through easily, approx. 15-20 minutes.

3. In a separate medium-sized pot, heat the oil over medium heat. Once hot, add the onion and fry until soft, 4-5 minutes.



4. Add the carrots and garlic and continue to cook for a further 4-5 minutes, stirring regularly.

5. Add your lentils, soya mince, herbs and stock cube mixture and the tomato puree. Add a pinch of salt and pepper and 1 ½ pints / 2 ½ mugs of boiling water



6. Stir well to combine. Bring to the boil, then reduce to low-medium heat. Leave to simmer for 18-20 minutes. If the mixture is too thick, add more water. Add

7. Preheat the oven to 200C/180C Fan/Gas 6 whilst your filling is simmering.

8. Check your potatoes. Once they're soft, drain them and save any remaining cooking water. Mash the potatoes, adding a dash of cooking water, milk, or a knob of butter. You want a smooth consistency that's not too liquid. Taste and season to taste.



9. Taste the filling and adjust for seasoning, adding more salt and pepper if needed. You can also add a teaspoon of Worcestershire sauce, soy sauce or even marmite if you have any for more depth of flavour. Add the canned veg and stir to combine.



10. Once you're happy with the filling, add it to your baking dish and spread evenly, leaving a couple of inches to top with mash. If you have too much filling, you can store this in the fridge for 3 days or freeze for another time.



11. Top with an even layer of mash, and then grated cheese (optional, but recommended).

12. Put in your pre-heated oven until it is golden brown, approximately 15 minutes, checking occasionally.

13. Dish up with your favourite side salad or veg. It also works well served with some veggie gravy!



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