

Veggie Shepherds Pie

This is nice alternative to the meat version.

Equipment:

Ovenproof dishes

Ingredients:

6 large potatoes
1 tbsp olive oil
Dash soy milk
Himalayan salt
1 medium onion, diced
1 small leek, diced
2 carrots, diced
2 stick celery, diced
4 mushrooms, sliced
1 tin plum tomatoes
1 tbsp fresh thyme, chopped
1 tbsp fresh parsley, chopped
¾ cup red lentils
¼ cup puy lentils
Tamari or Braggs Aminos
Ground black pepper



Serves: 6
Prep time: 15 minutes
Cook time: 60 minutes

Top Tips: You could use sweet potato mash as an alternative. If you don't have puy lentils just use 1 cup red lentils

Method:

1. Peel and cook the potatoes, drain and mash. Stir in olive oil, soy milk and salt to taste
2. Saute the onion and leek in oil until soft. Add carrots, celery, mushrooms, tomatoes and thyme and stir.
3. Add the lentils to the top and add water to about 1 inch above the lentils. Don't stir.
4. Bring to a boil and place a lid on top, simmer for 20 minutes or until lentils are cooked
5. Stir and season with tamari and pepper
6. Place veggie mixture in an ovenproof dish and spread the mashed potato over it with a fork.
7. Cook in the center of the oven at 190°C / 375°F for 20-30 minutes

Adapted from a recipe from The Blazing Salads cookbook