

SPICED LENTIL SHEPHERDS' PIE

A twist on a classic, use up those lentils that have been in the cupboard for years – this recipe is so tasty you won't miss the meat!

TIPS

- For the topping you could use sweet potato or a root vegetables mash



INGREDIENTS

- 240g lentils – puy, red, green
- 10g garlic puree
- 15g red chillies, finely chopped
- 200g onions, diced
- 1 vegetable stock cube
- 1 tsp fennel seeds
- 10g mango chutney
- 30g tomato puree
- 1 tsp paprika
- 20g ginger puree
- 50g celery, diced
- 150g garden peas, defrosted
- 2 tsp ground coriander
- 10g rapeseed oil
- 200g potatoes for mashing
- Splash of milk & a knob of butter for the mash
- 200g carrots, diced – or any other root vegetable
- Salt & pepper

STEP 1.

Pre-heat your oven to 180°C

STEP 2.

Place the lentils in a saucepan with some water, bring to the boil & simmer until tender

STEP 3.

Add a little oil to a large frying pan (there is a lot going in this pan!) cook the diced, celery, onion & carrot until soft

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STEP 5.

In another pan toast your spices – being careful not to burn them! Grind them down into a powder

STEP 6.

Pop the spices -including the paprika to the pan & mix well

STEP 7.

Drain the off the cooked lentils & add this to the pan along with the tomato puree, salt & pepper

STEP 8.

Now add the diluted vegetable stock & stir into the shepherd's pie mix & allow to reduce

STEP 9.

Whilst that is reducing make your mash potato, boil your potatoes, mash & add a little milk, butter, salt & pepper

STEP 10.

Finish the shepherd's pie mix with the mango chutney & garden peas

STEP 11.

Top with mash potato - sprinkle a little semolina or some fine breadcrumbs to make the topping even crispier!

STEP 12.

Bake in the oven for around 25 minutes or until golden brown