



Shepherd's Pie

About this recipe

This recipe is a veggie version of a classic dish. It uses lentils instead of meat. You can also replace the milk and butter with margarine and a plant based milk to make it vegan.

Ingredients

1 onion (sliced)
2 carrots (chopped)
2 sticks celery (chopped)
2 cup/150g brown or green lentils or 2 cans
½ can tomatoes (or a cup of your basic tomato sauce from our other recipe)
1 tsp each ground spices paprika, cumin, coriander, all spice, chilli (any of these optional) OR just use Curry Powder
Oil
3 large potatoes (large chunks)
50g butter or margarine
150 ml milk (dairy or plant based)
Salt and pepper to taste

Method

1. Heat your oven to 180°C.
2. In a medium pan on a low heat gently cook the onion for 10 minutes with 1 tsp salt. Add the spices, tomato, lentils, celery and carrot, soy mince and add water to nearly cover. Simmer gently for 30 mins.
3. Meanwhile, cook your potatoes in salted water until tender.
4. Mash your potatoes with the warm milk and butter or margarine and more salt and pepper to taste.
5. Put the mince on the bottom of an oven proof dish and then spread the mash in an even layer on top. Dot with butter or margarine and bake for 40 mins or until golden brown and bubbling.

With love from He Puawai Trust and Te Awa Kairangi Kai Collective team

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