



Ingredients –

1tbsp vegetable oil
1 leek, trimmed and finely chopped
2 carrots, peeled and finely chopped
150g chestnut mushrooms, roughly chopped
1 large garlic clove, crushed
3 fresh sage leaves, roughly chopped
3 fresh thyme sprigs, roughly chopped
400g tin green or puy lentils, drained
400g tin of chopped tomatoes
400ml vegetable stock
1tbsp Worcestershire sauce
1tbsp soy sauce
1 tsp chilli flakes (optional)
1 tsp caster sugar
Salt and pepper
for the topping -
2 sweet potatoes, peeled and cut into 2cm chunks
2 floury potatoes, peeled and cut into 2cm chunks
½ small cauliflower, separated into small florets
knob of reduced fat spread

Vegetarian Shepherd's Pie

Method

- Preheat the oven to 200C/180C Fan/Gas 6.
- To make the filling, heat the oil in a frying pan over a medium heat. Add the leeks and fry for 4–5 minutes, add the carrots, mushrooms and garlic and continue to cook, stirring regularly, for 4–5 minutes.
- Add the sage, thyme, lentils, tomatoes and stock stir together until well combined. Bring the mixture to the boil, and then reduce the heat until it is simmering and continue to simmer for 18–20 minutes while you make the topping.
- To make the topping, bring a large saucepan of water to the boil. Add the sweet potato and potato and boil for 10–12 minutes. Add the cauliflower and boil for a further 8–10 minutes, or until tender.
- Drain the vegetables well and return them to the pan. Add the spread, season well with salt and pepper, then mash until smooth. Set aside and keep warm.
- Stir the Worcestershire sauce, soy sauce, chilli flakes (if using) and sugar into the filling mixture, which should have thickened during cooking. Continue to simmer for a further 1–2 minutes, adding a little water if the mixture is too dry (simmer for longer if the mixture is too watery). Season with pepper.
- Transfer the filling mixture to an ovenproof baking dish, then spoon over the topping and spread into an even layer. If you like a crispy topping, create peaks in the mash using a fork. Sprinkle over the Parmesan, if using.
- Bake the shepherd's pie in the oven for 18–20 minutes, or until the topping is golden brown and the filling is bubbling.