

Nigel's Veggie Shepherd's Pie

(Approximately 558 calories per serving - serves 10 people)

Why make it.... Nigel says "Something quick & easy to make, that I learnt in college and wanted to share. It's not just for vegetarians."



Ingredients (Lentil Sauce)

- 50g butter
- 2 onions, chopped
- 4 carrots, diced
- 4 garlic cloves, finely chopped
- 200g pack chestnut mushrooms, sliced
- 2 bay leaves
- 1 tbsp dried thyme
- 500g pack dried red lentils
- 100ml red wine (optional)
- 1.7l vegetable stock
- 3 tbsp tomato purée

(For the topping)

- 2kg floury potatoes
- 85g butter
- 100ml milk
- 50g cheddar, grated

Method

1. To make the lentil sauce, heat the butter in a pan
2. Gently fry the onions, carrots, celery and garlic for 15mins until soft and golden.
3. Turn up the heat, add the mushrooms, and then cook for 4mins more.
4. Stir in the herbs, and then add the lentils. Pour over the wine and stock – it's important that you do not season with salt at this stage. Leave to simmer for 40-50mins until the lentils are very soft.
5. Now season to taste, take off heat and stir in the tomato purée.
6. While the lentils are cooking, tip the potatoes into a pan of water, then boil for about 15mins until tender.
7. Drain well, mash with the butter and milk, then season with salt and pepper.
8. To assemble the pies, divide the lentil mixture between the dishes that you are using, and then top with mash. Scatter over the cheese
9. Heat oven to 190C/fan 170C/gas 5, then bake for 30mins until the topping is golden.

Cooks Tip

If you don't have all of these vegetables, you can choose which you would rather as long as you keep carrots & onions.