



The Larder presents...

CHEESY SHEPHERDESS PIE



PREP: 10min

FILLING COOK: 35 min

PIE COOK: 20 MIN



SERVES: 4

YOU WILL NEED:

INGREDIENTS:

- 1 Tbsp Olive or Sunflower Oil
- 1 Onion (peeled and chopped)
- 1 Garlic Clove (peeled and pressed or chopped finely)
- 1 Carrot (washed, peeled and chopped)
- 2 Celery Sticks (washed and chopped)
- 5-6 Mushrooms (washed and sliced)
- ½ Tsp Mixed Herbs
- 1 Cup Red Lentils
- 1 x 400g tin Chopped Tomatoes
- 1 Vegetable Stock Cube
- 2 Cups of Water (off the boil)

PIE TOPPING:

- 3 Potatoes (washed, peeled and halved)
- 1 Tbsp Butter/Margarine
- 3 Tbsp Milk
- 3 Tbsp Grated Cheese
- Salt and Pepper (to taste)

YOU WILL NEED:

EQUIPMENT:

- Cup (for measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Vegetable Peeler
- Wooden Spoon
- 2 Saucepans
- Potato Masher or Fork
- Ovenproof Dish/Casserole Dish
- Hob
- Oven

REMEMBER:

Always **wash your hands** thoroughly before touching and preparing ingredients.

METHOD CHEESY SHEPHERDESS PIE:

- 1. ALWAYS START BY - Washing your hands thoroughly**
- 2. Gather together all the equipment and ingredients**
- 3. Heat the oven to 200C, fan oven 180, Gas Mark 6**
- 4. Prepare ALL vegetables (peel and slice/crush garlic; peel and slice onion; wash, peel and chop the carrots; wash and slice mushrooms and celery; peel, wash and halve potatoes)**
- 5. Turn the hob to a medium heat and place saucepan over the hob**
- 6. Pour oil into the saucepan and heat the oil slowly**
- 7. Add onion, garlic, carrots and celery to the hot oil in saucepan (CAREFUL NOT TO SPLASH OIL)**
- 8. Gently fry the vegetable mix for 5 minutes until soft and lightly golden**
- 9. Add 1/2 teaspoon of mixed herbs and mushrooms to the vegetable mix and stir**
- 10. Add 1 cup of dried red lentils, 2 cups of water (just off the boil) and crumble in the stock cube**
- 11. Add tinned tomatoes and stir well**
- 12. Bring to the boil and simmer gently for 15-20 minutes (stirring occasionally)**
- 13. Place the potatoes in a separate saucepan, pour over enough water (just off the boil) to cover them**
- 14. Boil the potatoes gently for approx. 15 minutes (CHECK the potatoes are SOFT by piercing with a knife in the centre)**
- 15. Drain potatoes carefully and add 3 tablespoons of milk, 1 tablespoon butter/margarine, salt and pepper (to taste) and mash with a fork or potato masher**
- 16. To assemble the pie: spoon the lentil/veg mix carefully into an oven-proof dish**
- 17. Spread the mashed potatoes on top and sprinkle with grated cheese**
- 18. Place in the oven and bake for 20 minutes until golden brown in colour**

THE LARDER TOP TIPS:

Enjoy the pie with a serving of peas or greens of your choice

Disguise vegetables by chopping them small for anyone in the family who isn't a veggie fan