

THE LARDER PRESENTS..



REMEMBER: ALWAYS WASH YOUR HANDS THOROUGHLY BEFORE TOUCHING AND PREPARING FOOD

CHEESY SHEPHERDESS PIE



1 Hour



Serves 4



- 1 tbsp olive or sunflower oil
- 1 onion (peeled and chopped)
- 1 garlic clove (peeled and pressed, or chopped finely)
- 2 carrots (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:

- 6 potatoes (washed, peeled and cut into chunks)
- 1 tbsp butter/margarine
- 3 tbsp milk
- 3 tbsp cheese
- Salt and pepper (to taste)

ALLERGY INFO: RECIPE MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, PEANUTS, TREE NUTS AND MILK

- Cup (Measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Veg Peeler
- Wooden Spoon
- Two Saucepans
- Potato Masher or Fork
- Ovenproof Dish/ Casserole Dish
- Hob
- Oven

EQUIPMENT



INGREDIENTS

METHOD



**REMEMBER: ALWAYS
WASH YOUR HANDS
THOROUGHLY BEFORE TOUCHING
AND PREPARING FOOD**

1. Gather together all the equipment and ingredients.
2. Heat the oven to 200°C, fan oven 180°C, Gas Mark 6.
3. Prepare ALL vegetables (peel and slice/crush garlic; peel and slice onion; wash, peel and chop the carrots; wash and slice mushrooms and celery).
4. Turn the hob to a medium heat and place saucepan over the hob.
5. Pour oil into the saucepan and heat the oil slowly.
6. Add onion, garlic, carrots and celery to the hot oil in saucepan (CAREFUL NOT TO SPLASH OIL).
7. Gently fry the vegetable mix for 5 minutes until soft and lightly golden.
8. Add ½ teaspoon of mixed herbs and mushrooms to the vegetable mix and stir.
9. Add 1 cup of dried red lentils, 2 cups of water (just off the boil) and crumble in the stock cube.
11. Bring to the boil and simmer gently for 15-20 minutes (stirring occasionally).
12. Wash, peel and cut the potatoes into small chunks.
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 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.

LIKE AND TAG THE LARDER

SHARE YOUR PHOTOS OF YOU SHOPPING,
COOKING AND ENJOYING THE RECIPES

KIDS
in the
KITCHEN



10. Add tinned tomatoes and stir well.

PLEASE TAG YOUR
PHOTOS WITH
#THELARDERKITK



**THE
LARDER**

LANCASHIRE AND REGION
DIETARY EDUCATION RESOURCE

LARDER.ORG.UK

THE LARDER, 50 LANCASTER ROAD, PRESTON, LANCASHIRE, PR1 1DD

f THELARDERLANCASHIRE @LARDERLANCS @LARDER_LANCS