

Vegetarian cottage pie

Ingredients:

2 cloves of garlic (crushed)
Little bit of vegetable oil
250 grams of mushroom (diced)
1 carrot (diced)
1/2 cup of peas
2 sticks of celery (diced)
1 red capsicum (diced)
1 brown onion (diced)
1 bunch of broccolini or 1/2 head of broccoli
2 tins of brown lentils (rinsed)
2 tins of crushed tomatoes
1 cup of vego beef stock (I use Massel)



For the mash:

8 medium sized potatoes - I usually peel and quarter them to reduce the boiling time. Sometimes I leave the skins on (depends on how I feel on the day)
1 cup of grated cheese (or vegan cheese)
Chives (chopped)
A couple of spoons of Nuttlex or butter or other butter substitute
Salt and pepper to taste

Method:

1. I get the potatoes boiling first and leave that going while I do the rest. Bring a large pot of water to boil, add some salt, and the potatoes. Cover the pot and let them boil until they are ready for mashing.
2. In a large pan, heat the oil over medium heat and add the garlic and onions for a couple of minutes until soft.
3. Add the mushroom and continue to cook until the mushrooms shrink down a bit, add the carrot and broccoli and keep them on medium heat until they are cooked, but not soft (depends on how soft / crunchy you like your veg).
4. Add the rest of the veg and let them cook for 1-2 minutes.
5. Add the crushed tomatoes, lentils and stock, stir it all together and let it simmer for about 10-15 minutes, stirring every once in a while.

While the vegetables are simmering, the potatoes should be boiled through (do the poke check to make sure they are soft enough).

6. If the potatoes are ready, preheat the oven to 250°C. Strain the potatoes and mash in the pot with the Nuttlex / butter, add salt and pepper to taste. Turn the heat off the veg at some point during the mashing process.
7. Stir through the chives once the potatoes have been mashed.
8. In a large baking tray, spread the lentil and veg in an even layer.
9. Put a layer of cheese over the veg.
10. Put a layer of mash over the cheese. Use a fork to texture the potato.
11. Bake for approximately 20-25 minutes, or until the top of the potato browns.
12. Once you take it out of the oven, let it sit for about 15 minutes to set.
13. Enjoy 😊