






**More Than Food**  
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## Hearty Vegetable Shepherd's Pie

When you think about it, 'Shepherd's Pie' is a bit of a misnomer. Shepherd's don't spend all day looking after their flock only to go home and tuck into a plate of Shepherd's pie at all. If that were the case, they wouldn't have much wool to take to market at the end of the month. We spoke to a couple of shepherds to get their take on the situation and it turns out a lot of them are eating something far more sheep friendly...Veggie Shepherd's Pie!

 40 mins

 veggie

 gluten free



Carrot



Onion



Garlic Clove



Celery



Chestnut  
Mushrooms



Potato



Rosemary



Milk



Tomato Purée



Organic Cannellini  
Beans



Organic Chopped  
Tomatoes



Red Split Lentils



Veggie Worcestershire  
Sauce




Broccoli



Cheddar Cheese

## Ingredients

	2P	4P
Carrot, diced	1	2
Onion, diced	½	1
Garlic Clove, diced	1	2
Celery, diced <b>1</b>	1 stick	2 sticks
Chestnut Mushrooms, chopped	1 punnet	2 punnets
Potato, chopped	3	5
Rosemary	2 sprigs	4 sprigs
Milk <b>2</b>	75ml	150ml
Tomato Purée	1 tbsp	2 tbsp
Organic Cannellini Beans	1 tin	2 tins
Organic Chopped Tomatoes	1 tin	2 tins
Red Split Lentils	¼ cup	½ cup
Veggie Worcestershire Sauce <b>3, 4, 5</b>	½ tbsp	2 tbsp
Broccoli, florets	1	2
Cheddar Cheese <b>2</b>	2 tbsp	4 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

- 1)** Celery | **2)** Milk  
**3)** Sulphites | **4)** Gluten  
**5)** Soya

**Nutrition per serving:** Calories: 869 kcal | Protein: 45 g | Carbs: 135 g | Fat: 17 g | Saturated Fat: 4 g



**1** Boil a large pot of water then peel and dice the carrot, onion and garlic into 5mm pieces (if your knife skills allow!). Dice the celery and roughly chop the mushrooms. Lastly, peel and chop the potatoes into roughly 3cm chunks.



**2** Heat 1 tbsp of olive oil in a non-stick pan on medium-low heat. Once hot, add your rosemary sprigs, carrot, onion, garlic and celery. Season with a pinch of salt and a few grinds of pepper. Cook for around 8 mins or until the ingredients are nice and soft.



**3** While the veggies are cooking and once the water has come to the boil, add the potatoes to the boiling water with ¼ tsp of salt. Cook them for around 10 mins or until you can easily slip a knife through them, then drain them and put them back in the pan. Put the pan on the hob on medium heat for a minute to dry them out, then take it off the heat. Add your milk, 1 tbsp of butter (if you have some), a pinch of salt and a good grind of pepper. Mash everything until you have a nice lump-free mash. Once the mash ready just put a lid on and leave them to the side for later.



**4** When the carrot, onion, garlic and celery are soft, add the mushrooms

and tomato purée to the pan. Drain the cannellini beans and add them to the pan along with the tinned tomatoes. Refill the tin a quarter with water and add that to the pan along with your lentils and worcestershire sauce. Add ¼ tsp of salt, a good grind of pepper and ½ tsp of sugar (if you have any). Bring to a simmer and turn down to a medium-low heat for 15-20 mins until it is thick and the liquid has reduced.

**5** While your sauce is simmering, bring a pot of water to the boil, cut your broccoli into florets and grate your cheese. When the sauce has been cooking for 20 mins, add your broccoli into the boiling water with ¼ tsp of salt and cook for 5-6 mins until tender and then drain.

**6** Meanwhile pre-heat your grill to high. When your veggie bean mixture is thick, take out your rosemary sprigs and put the mixture in the bottom of an ovenproof dish. Layer the mashed potato on top and scatter on the grated cheese. Grill your 'shepherd's pie' until it is golden on top.

**7** Serve your pie with a side of broccoli and a big smile.