



Veg and Lentil Shepherd's Pie

with Mushrooms and Cheese

Classic 35-40 Minutes • 5 of your 5 a day

20



Potatoes



Carrot



Chestnut Mushrooms



Garlic Clove



Lentils



Mature Cheddar
Cheese



Finely Chopped
Tomatoes with
Onion and Garlic



Worcester Sauce



Red Wine
Stock Paste



Roasted Spice
and Herb Blend



Grated Hard
Italian Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, frying pan, sieve, grater, colander, potato masher and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Carrot**	1	2	2
Chestnut Mushrooms**	150g	300g	300g
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	60g	60g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Worcester Sauce 13)	15g	30g	30g
Red Wine Stock Paste 14)	28g	42g	56g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Butter*	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	756g	100g	801g	100g
Energy (kJ/kcal)	2997 / 716	397 / 95	3485 / 833	435 / 104
Fat (g)	27.0	3.6	36.2	4.5
Sat. Fat (g)	16.1	2.1	19.0	2.4
Carbohydrate (g)	93.1	12.3	94.0	11.7
Sugars (g)	26.7	3.5	26.7	3.3
Protein (g)	23.9	3.2	31.6	3.9
Salt (g)	6.61	0.87	7.84	0.98

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Boil the Potatoes

Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil.

Peel and chop the **potatoes** into 2cm chunks (peel first if you prefer).

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Get Prepped

Meanwhile, trim and halve the **carrot**, then quarter lengthways (no need to peel). Slice widthways into pieces about 1cm thick.

Roughly chop the **mushrooms**.

Peel and grate the **garlic** (or use a garlic press).



Fry the Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **carrot** and **mushrooms** to the pan. Season with **salt** and **pepper** and fry, stirring occasionally, until softened, 10-12 mins.

Meanwhile, drain and rinse the **lentils** in a sieve. Grate the **Cheddar cheese**.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the pan at the same time as the **veg**, then continue as instructed.
IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Sauce it Up

When the **veg** has softened, add the **garlic** to the pan and cook for 30 secs.

Stir through the **chopped tomatoes, lentils, Worcester sauce, red wine stock paste, roasted spice and herb blend** and **sugar** (see pantry for amount).

Simmer until the **sauce** has thickened, 5-6 mins. Add a splash of **water** if it's a little too thick.

Stir through the **hard Italian style cheese** and **half the butter** (see pantry for amount) until melted. Remove from the heat.



Assemble the Pie

Preheat your grill to high.

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the remaining **butter** (see pantry for amount) and a splash of **milk** (if you have any) and mash until smooth. Season with **salt**.

Transfer the **lentil mixture** to an appropriately sized ovenproof dish. Spoon over the mash, using the back of a spoon to smooth it out. Sprinkle over the **Cheddar cheese**, then place under your grill until golden and bubbling, 5-6 mins.



Serve Up

When ready, share the **veg and lentil shepherd's pie** between your serving plates.

Enjoy!