

Lentil and Root Vegetable Cottage Pie



Number of servings: 2

Prep time: 30-40 min

Cook time: 20 min

Total time: 60 min

Ingredients:

- ½ White onion, finely diced
- ¼ Carrot, finely diced
- ¼ Parsnip, finely diced
- 2 Garlic cloves, finely diced
- ½ Tsp Rosemary, finely chopped
- ½ Tsp Dried thyme
- 250g Potatoes
- 1 Tbsp. Milk (dairy or plant based)
- 1 Tsp Olive oil
- 50g Lentils (Puy, Brown or Green)
- 400 g water
- ½ Tsp Yeast extract
- Salt and pepper
- Seasonal greens

Directions:

Pre heat oven to 180°C.

1. Peel and evenly dice the potatoes. Place in a large pan of cold water, bring to a boil and then reduce to a simmer and cook until tender (roughly 12 minutes). Drain, using a colander and leave to steam dry.
2. Add 1 tsp of olive oil to a pan and heat on medium. Once hot add the prepared veg and gently sweat for 5 minutes before adding the herbs and garlic. Continue to cook for another 3 minutes. Add the yeast extract followed by the lentils and 500g of water. Bring to a boil, reduce to a simmer and cook for 15 minutes until the lentils are tender and the sauce has thickened.
3. Mash the potatoes with the milk and season to taste. Pour the lentil filling into your baking dish, top with the mashed potatoes and bake in the oven until golden (roughly 20 minutes).
4. Put a pan of water on a high heat, just before the pies are about to come out of the oven. Roughly chop the greens and when the water is boiling add to the pan. Cook for 2-3 minutes depending on how soft you like your veg. Strain in a colander and serve immediately with the cottage pie.