



UCOOK

Garam Masala Shepherd's Pie

with lentils & a cucumber salad

A vegetarian spin on classic Shepherd's pie, infused with fragrant garam masala spice. It is packed with lentils, carrots and peas, and is topped with a smooth spiced mashed potato lid. Sided with a fresh cucumber salad, this dish has everything and more!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Veggie

 Boschendal | 1685 Shiraz

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Ingredients & Prep

400g	Potato <i>peeled & cut into bite-sized pieces</i>
40ml	NOMU Indian Rub
10ml	Cornflour
1	Onion <i>peeled & roughly diced</i>
480g	Carrot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
2	Garlic Cloves <i>peeled & grated</i>
20ml	NOMU Garam Masala Rub
240g	Lentils <i>drained & rinsed</i>
100g	Peas
20ml	Nutritional Yeast
40g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)
Sugar/Sweetener/Honey

1. SPICED MASH Preheat the oven to 200°C. Place a pot of cold salted water over a high heat. Add the potato pieces and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, a knob of butter (optional), and ½ the Indian rub. Season to taste.

2. FILLINGS FOR YOU In a bowl, combine the corn flour with 200ml of water. Mix until dissolved. Place a pan over a medium heat with a drizzle of oil. When hot, add the diced onion and the carrot chunks. Fry for 5-6 minutes until starting to soften, shifting occasionally. Add the grated garlic, the garam masala and the remaining Indian rub. Fry for 1-2 minutes until fragrant, shifting constantly. Add the drained lentils, the peas, and the diluted corn flour. Mix until fully combined. Reduce the heat and leave to simmer for 6-7 minutes until starting to thicken, stirring occasionally. Season with salt, pepper, and a sweetener of choice (to taste).

3. BACK ON TOP Spoon the lentil mixture into an ovenproof dish. Evenly spread the mash over the top. Scrape some patterns on the mash with a fork if you're feeling fancy! Sprinkle over the nutritional yeast and bake in the hot oven for 10-12 minutes until the mash is starting to brown – keep a close eye on it to make sure it doesn't burn!

4. FRESH SALAD In a bowl, combine the rinsed green leaves, the cucumber half-moons, seasoning, and a drizzle of oil.

5. LET'S EAT! Plate up the garam masala Shepherd's pie and serve the cucumber salad on the side. Well done, Chef!

Nutritional Information

Per 100g

Energy	380kj
Energy	91Kcal
Protein	4.8g
Carbs	17g
of which sugars	3.5g
Fibre	5.1g
Fat	0.6g
of which saturated	0.1g
Sodium	110mg

Allergens

Allium

Cook
within
4 Days