



# 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!

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**Hands-On Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Veggie

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 Boschendal | 1685 Shiraz

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## Ingredients & Prep

800g	Potato <i>peeled &amp; cut into bite-sized pieces</i>
80ml	NOMU Indian Rub
20ml	Cornflour
2	Onions <i>peeled &amp; roughly diced</i>
960g	Carrot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
40ml	NOMU Garam Masala Rub
480g	Lentils <i>drained &amp; rinsed</i>
200g	Peas
40ml	Nutritional Yeast
80g	Green Leaves <i>rinsed</i>
200g	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 20-25 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 400ml 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 6-7 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 8-10 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 12-15 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