



# UCOOK

## Mushroom, Lentil & Rosemary Cottage Pie

with celery & peas

My, my, it's a beautiful veggie pie! Hidden beneath a silky smooth potato mash topping and baked until golden are lentils, golden mushrooms & plump peas, swimming in a tangy tomato & white wine sauce infused with fresh rosemary and spiced with NOMU Provençal Rub.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Samantha du Toit

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 Veggie

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 Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

200g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
65g	Button Mushrooms <i>wipe clean &amp; cut into quarters</i>
100g	Leeks <i>trim at the base &amp; cut in half lengthways</i>
1	Celery Stalk <i>rinse &amp; finely slice</i>
20ml	Tomatoe Base <i>(15ml Tomato Paste &amp; 5ml Worcestershire Sauce)</i>
40ml	White Wine
100g	Cooked Chopped Tomato
5ml	Vegetable Stock
10ml	NOMU Provençal Rub
3g	Fresh Rosemary <i>rinse</i>
120g	Tinned Lentils <i>drain &amp; rinse</i>
50g	Peas

## From Your Kitchen

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

**1. MMMMASH** Preheat the oven to 200°C. Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. GOLDEN MUSHIES** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

**3. TOMATO & WINE BASE** Thoroughly rinse and thinly slice the halved leeks. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced leeks and the sliced celery until slightly softened, 4-5 minutes (shifting occasionally). Add the tomato base and the white wine, and fry until thickened, 1-2 minutes (shifting constantly).

**4. LEKKER LENTILS & VEG** Add the cooked chopped tomato, the stock, the NOMU rub, the rinsed rosemary sprigs, and 50ml of water. Bring to a boil. Reduce the heat and simmer until thickened, 10-15 minutes (stirring occasionally). In the final 2-3 minutes, stir through the rinsed lentils, the cooked mushrooms, the peas, a sweetener, and seasoning. Remove and discard the rosemary sprigs.

**5. INTO THE OVEN** Spoon the filling into an ovenproof dish. Evenly spread the potato mash over the top. Bake in the hot oven until the mash is golden, 7-8 minutes.

**6. A DINNER DELIGHT** Dish up a generous helping of the mushroom, lentil & rosemary cottage pie. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	387kJ
Energy	92kcal
Protein	5.1g
Carbs	17g
of which sugars	3.1g
Fibre	4.9g
Fat	0.4g
of which saturated	0.1g
Sodium	175mg

## Allergens

Allium, Sulphites, Alcohol

Cook  
within 3  
Days