



UCCOOK

Lentil Cottage Pie

with potato-carrot mash, mushrooms & fresh thyme

Looking for a hearty and satisfying meal? Try our veggie cottage pie, featuring a comforting mix of lentils, mushrooms, carrots and peas, all simmered in a rich tomato-based sauce and topped with a creamy potato & carrot mash. It's guaranteed to hit the spot, Chef!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized pieces</i>
240g	Carrot <i>peeled, ½ cut into bite-sized pieces & ½ finely diced</i>
65g	Button Mushrooms <i>quartered</i>
1	Onion <i>½ peeled & roughly diced</i>
20ml	Tomato Base <i>(15ml Tomato Paste & 5ml Worcestershire Sauce)</i>
40ml	White Wine
200g	Cooked Chopped Tomato
15ml	Veggie Stock Mix <i>(5ml Vegetable Stock & 10ml NOMU Provençal Rub)</i>
3g	Fresh Thyme <i>rinsed & ¼ picked</i>
120g	Tinned Lentils <i>rinsed & drained</i>
50g	Peas

From Your Kitchen

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

1. TWO-IN-ONE MASH Preheat the oven to 200°C. Place the potato pieces and the bigger carrot pieces in a pot of salted water. Bring to the 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. MOREISH MUSHROOMS 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. SAUCE BASE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion and the finely diced carrot until slightly softened, 4-5 minutes (shifting occasionally). Add the tomato base and the white wine, and fry until a thick sauce, 1-2 minutes (shifting constantly).

4. CLASSIC FILLING Add the cooked chopped tomato, the veggie stock mix, the thyme sprigs, and 100ml of water. Bring to the 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 peas, the cooked mushrooms, a sweetener, and seasoning. Remove the thyme sprigs and discard.

5. THE FINAL WAIT Spoon the lentil & veggie mixture into an ovenproof dish. Evenly spread the potato & carrot mash over the top. Bake in the hot oven until the mash is golden, 7-8 minutes.

6. DELISH! Dish up a generous helping of the veggie lentil cottage pie. Sprinkle over the picked thyme. Dig in, Chef!

Nutritional Information

Per 100g

Energy	313kJ
Energy	75kcal
Protein	3.8g
Carbs	14g
of which sugars	3.7g
Fibre	4.2g
Fat	0.3g
of which saturated	0g
Sodium	144mg

Allergens

Allium, Sulphites, Alcohol

Cook
within 3
Days