



UCCOOK

Lentil Cottage Pie

with potato-carrot mash & mushrooms

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Waterford Estate | Waterford Antigo

Nutritional Info	Per 100g	Per Portion
Energy	304kJ	3318kJ
Energy	73kcal	794kcal
Protein	3.7g	39.9g
Carbs	14g	153g
of which sugars	3.7g	40g
Fibre	3.9g	43g
Fat	0.2g	2.6g
of which saturated	0g	0.3g
Sodium	125mg	1367mg

Allergens: Allium, Sulphites, Alcohol

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>peel & cut into bite-sized pieces</i>
240g	480g	Carrot <i>peel, cut ½ into bite-sized pieces & finely dice ½</i>
65g	125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
20ml	40ml	Tomato Base <i>(15ml [30ml] Tomato Paste & 5ml [10ml] Worcestershire Sauce)</i>
40ml	80ml	White Wine
200g	400g	Cooked Chopped Tomato
15ml	30ml	Veggie Stock Mix <i>(5ml [10ml] Vegetable Stock & 10ml [20ml] NOMU One For All Rub)</i>
3g	5g	Fresh Thyme <i>rinse & pick</i>
120g	240g	Tinned Lentils <i>drain & rinse</i>
50g	100g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)
Butter or Butter Alternative (optional)
Milk or Milk Alternative (optional)

1. TWO-IN-ONE MASH Preheat the oven to 200°C. Place the potato 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 alternative butter (optional) and a splash of water or an alternative 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 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 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, and 100ml [200ml] 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 lentils, the peas, the mushrooms, a sweetener (to taste), and seasoning.

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. Dig in, Chef!