



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.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha du Toit

 Veggie

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
125g	Button Mushrooms <i>wipe clean & cut into quarters</i>
200g	Leeks <i>trim at the base & cut in half lengthways</i>
2	Celery Stalks <i>rinse & finely slice</i>
40ml	Tomato Base <i>(30ml Tomato Paste & 10ml Worcestershire Sauce)</i>
80ml	White Wine
200g	Cooked Chopped Tomato
10ml	Vegetable Stock
20ml	NOMU Provençal Rub
5g	Fresh Rosemary <i>rinse</i>
240g	Tinned Lentils <i>drain & rinse</i>
100g	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 100ml 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