



# 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!

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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:** Rhea Hsu

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 Veggie

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 Harry Hartman | Stellenbosch Sauvignon Blanc

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## Ingredients & Prep

800g	Potato <i>peeled &amp; cut into bite-sized pieces</i>
960g	Carrot <i>peeled, ½ cut into bite-sized pieces &amp; ½ finely diced</i>
250g	Button Mushrooms <i>quartered</i>
2	Onions <i>peeled &amp; roughly diced</i>
80ml	Tomato Base <i>(60ml Tomato Paste &amp; 20ml Worcestershire Sauce)</i>
160ml	White Wine
800g	Cooked Chopped Tomato
60ml	Veggie Stock Mix <i>(20ml Vegetable Stock &amp; 40ml NOMU Provençal Rub)</i>
10g	Fresh Thyme <i>rinsed &amp; ¼ picked</i>
480g	Tinned Lentils <i>rinsed &amp; drained</i>
200g	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, 20-25 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, 6-7 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, 5-6 minutes (shifting occasionally). Add the tomato base and the white wine, and fry until a thick sauce, 2-3 minutes (shifting constantly).

**4. CLASSIC FILLING** Add the cooked chopped tomato, the veggie stock mix, the thyme sprigs, and 400ml of water. Bring to the boil. Reduce the heat and simmer until thickened, 15-20 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