



# 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:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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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

|       |                                                                           |
|-------|---------------------------------------------------------------------------|
| 800g  | Potato<br><i>rinse, peel &amp; cut into bite-sized pieces</i>             |
| 250g  | Button Mushrooms<br><i>wipe clean &amp; cut into quarters</i>             |
| 400g  | Leeks<br><i>trim at the base &amp; cut in half lengthways</i>             |
| 4     | Celery Stalks<br><i>rinse &amp; finely slice</i>                          |
| 80ml  | Tomato Base<br><i>(60ml Tomato Paste &amp; 20ml Worcestershire Sauce)</i> |
| 160ml | White Wine                                                                |
| 400g  | Cooked Chopped Tomato                                                     |
| 20ml  | Vegetable Stock                                                           |
| 40ml  | NOMU Provençal Rub                                                        |
| 10g   | Fresh Rosemary<br><i>rinse</i>                                            |
| 480g  | Tinned Lentils<br><i>drain &amp; rinse</i>                                |
| 200g  | 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, 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. 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 200ml 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