



# UCCOOK

## Lentil Cottage Pie

with potato-carrot mash & mushrooms

**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

**Veggie:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	301kj	3132kj
Energy	72kcal	749kcal
Protein	3.6g	37.2g
Carbs	14g	146g
of which sugars	3.6g	37.1g
Fibre	3.8g	39.9g
Fat	0.2g	2.2g
of which saturated	0g	0.3g
Sodium	131mg	1360mg

**Allergens:** Sulphites, Alcohol, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>peel &amp; cut into bite-sized pieces</i>
720g	960g	Carrot <i>peel, cut ½ into bite-sized pieces &amp; finely dice ½</i>
190g	250g	Button Mushrooms <i>wipe clean &amp; cut into quarters</i>
2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
60ml	80ml	Tomato Base <i>(45ml [60ml] Tomato Paste &amp; 15ml [20ml] Worcestershire Sauce)</i>
125ml	160ml	White Wine
600g	800g	Cooked Chopped Tomato
45ml	60ml	Veggie Stock Mix <i>(15ml [20ml] Vegetable Stock &amp; 30ml [40ml] NOMU One For All Rub)</i>
8g	10g	Fresh Thyme <i>rinse &amp; pick</i>
360g	480g	Tinned Lentils <i>drain &amp; rinse</i>
150g	200g	Peas

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey  
Plant-based Butter (optional)  
Plant-based Milk (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, 20-25 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, 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 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, and 300ml [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 lentils, the peas, the mushrooms, a sweetener (to taste), and seasoning.

5. **THE FINAL WAIT** Spoon the lentil and veggie mixture into an ovenproof dish. Evenly spread the potato and 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!