



UCCOOK

Lentil Cottage Pie

with potato-carrot mash & mushrooms

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

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