



# UCOOK

## Garam Masala Shepherd's Pie

with lentils & a cucumber salad

A vegetarian spin on classic Shepherd's pie, infused with fragrant garam masala spice. It is packed with lentils, carrots and peas, and is topped with a smooth spiced mashed potato lid. Sided with a fresh cucumber salad, this dish has everything and more!

---

**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

 Veggie

---

 Boschendal | 1685 Shiraz

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

200g	Potato <i>peeled &amp; cut into bite-sized pieces</i>
20ml	NOMU Indian Rub
5ml	Cornflour
1	Onion <i>½ peeled &amp; roughly diced</i>
240g	Carrot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	NOMU Garam Masala Rub
120g	Lentils <i>drained &amp; rinsed</i>
50g	Peas
10ml	Nutritional Yeast
20g	Green Leaves <i>rinsed</i>
50g	Cucumber <i>cut into half-moons</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk (optional)  
Butter (optional)  
Sugar/Sweetener/Honey

**1. SPICED MASH** Preheat the oven to 200°C. Place a pot of cold salted water over a high heat. Add the potato pieces and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, a knob of butter (optional), and ½ the Indian rub. Season to taste.

**2. FILLINGS FOR YOU** In a bowl, combine the corn flour with 100ml of water. Mix until dissolved. Place a pan over a medium heat with a drizzle of oil. When hot, add the diced onion and the carrot chunks. Fry for 5-6 minutes until starting to soften, shifting occasionally. Add the grated garlic, the garam masala and the remaining Indian rub. Fry for 1-2 minutes until fragrant, shifting constantly. Add the drained lentils, the peas, and the diluted corn flour. Mix until fully combined. Reduce the heat and leave to simmer for 5-6 minutes until starting to thicken, stirring occasionally. Season with salt, pepper, and a sweetener of choice (to taste).

**3. BACK ON TOP** Spoon the lentil mixture into an ovenproof dish. Evenly spread the mash over the top. Scrape some patterns on the mash with a fork if you're feeling fancy! Sprinkle over the nutritional yeast and bake in the hot oven for 10-12 minutes until the mash is starting to brown – keep a close eye on it to make sure it doesn't burn!

**4. FRESH SALAD** In a bowl, combine the rinsed green leaves, the cucumber half-moons, seasoning, and a drizzle of oil.

**5. LET'S EAT!** Plate up the garam masala Shepherd's pie and serve the cucumber salad on the side. Well done, Chef!

## Nutritional Information

Per 100g

Energy	380kj
Energy	91Kcal
Protein	4.8g
Carbs	17g
of which sugars	3.5g
Fibre	5.1g
Fat	0.6g
of which saturated	0.1g
Sodium	110mg

## Allergens

Allium

Cook  
within  
4 Days