

Vegetarian Shepherd's Pie

Ingredients: Filling

- 1 tablespoon olive oil
- 1 brown onion, diced
- 2 celery stalks, chopped
- 1 carrot, peeled and chopped
- 2 zucchini, chopped
- 500g pumpkin (Kent), peeled and chopped
- 2 sticks of fresh rosemary, stripped and chopped
- 2x 400g tins chopped tomatoes
- 1 ¾ cups vegetable stock
- ½ cup red lentils, rinsed
- 1 tablespoon apple cider vinegar
- 1 tablespoon soy sauce
- 1x 400g tin of lentils, drained and rinsed



Method

1. Preheat the oven to 200 degrees Celsius and collect your equipment/ ingredients.
2. **POTATO MASH-** Place potatoes and garlic in a medium saucepan and cover with cold water. Bring to the boil on the stovetop and then boil for 10-12 minutes or until the potatoes are tender.
3. When cooked, drain and then return the potatoes to the saucepan. Add the milk and butter and then mash until smooth. Add the cheese and stir until it has melted. Season with salt and pepper and set aside until the filling is ready.
4. **FILLING-** Heat oil in a large saucepan over medium-high heat. Add the onion, celery and carrot to the pan and cook for 5 minutes, stirring occasionally.
5. Add the zucchini, pumpkin and rosemary. Stir to combine and then add the tomatoes, stock, red lentils, apple cider vinegar and soy sauce. Stir and bring to a simmer
6. Reduce the heat to medium and simmer uncovered for 10 minutes or until the vegetables are tender.
7. Stir in the brown lentils and season with salt and pepper. Transfer the filling to an oven proof dish and top with the potato mash. Place in the oven to bake for 20 minutes
8. Sprinkle fresh Thyme leaves over the pie before serving and enjoy!

Ingredients: Mash

- 1.3kg white potatoes, peeled and chopped
- 2 garlic cloves, chopped
- ½ cup milk (DF sub)
- 80g salted butter, chopped and softened (DF sub)
- ½ cup grated tasty cheese (DF sub)
- Fresh Thyme leaves to serve

Equipment:

- Ovenproof dish
- Peelers/ Knives
- Garlic press
- Measuring cups/spoons/jugs
- Medium and Large saucepan
- Colander
- Masher
- Spatula
- Chopping boards
- Wooden spoon

Bread Rolls

Ingredients:

- 1 ½ cups warm water
- 1 tablespoon Honey
- 1 ½ teaspoons salt
- 1 tablespoon dry yeast
- 3 cups plain flour (plus a bit extra if sticky and for kneading) (GF sub)
- Butter for serving (DF sub)



Equipment:

- Baking tray
- Baking paper
- Whisk
- Pyrex measuring jug
- Measuring spoons
- Measuring cups
- Knife
- Clean tea towel
- Wooden spoon



Method

1. Preheat the oven to 200 degrees Celsius and collect all of your equipment and ingredients.
2. Use a whisk to combine the water, honey, salt and yeast in your glass Pyrex measuring jug.
3. Allow to sit for 5-10 minutes until the mixture has started to bubble and go foamy on top.
4. Place the flour in a large mixing bowl and add the yeast mixture when it is ready. Use a wooden spoon to bring the mixture together.
5. When a dough starts to form, turn it out onto a clean bench and knead it until it comes together. If it sticky at this point, add a little more flour to help. Knead for 1-2 minutes to create a smooth dough.
6. Form the dough into small balls (12-14) and place on a baking tray lined with baking paper. Place a clean tea towel over the top and allow to rest on the bench near the oven for 20 minutes.
7. After it has rested for 20 minutes, remove tea towel and place in the oven and bake for 20-25 minutes or until the bread makes a hollow sound when tapped on the bottom.
8. Serve with butter and enjoy!