

LENTIL SHEPHERD'S PIE

MANSFIELD RESPOND



INGREDIENTS

- 350g floury potatoes
- 2 onions, finely chopped
- 2tbsp vegetable/olive oil
- 2 carrots, finely chopped
- 1 yellow capsicum, deseeded and chopped
- 1 red capsicum, deseeded and chopped
- 1tbsp flour
- 250ml vegetable stock
- 100g/1 cup frozen peas, thawed
- 200g/1 cup canned lentils, rinsed and drained
- 1/3 cup hot milk
- Nutmeg
- Butter, for greasing
- 1/2 cup grated cheese
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 190C
2. Cook the potatoes in boiling salted water for about 25min, until soft.
3. Sweat the onions in hot oil, add the carrots and red & yellow capsicum and continue frying.
4. Dust with flour and add the vegetable stock.
5. Stir in the peas and lentils and season with salt and pepper.
6. Drain and mash the potatoes, stir in the hot milk and season with salt, pepper and nutmeg.
7. Grease 4 individual pie dishes with butter.
8. Spoon the lentil mixture into the dishes, top with mashed potato and scatter with cheese.
9. Bake in the middle of the preheated oven for 25min or until golden brown.

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