

Lentil Cottage Pie

Cook Time: 40 mins



Ingredients & Preparation

- Heat oven to 180C
- **White Potatoes** peeled & cut into quarters
- **Green Lentils** - rinsed
- **Carrot**, peeled and finely chopped
- **Onion**, peeled and finely chopped
- **Garlic** clove finely chopped
- **Dark Soy Sauce**
- **Tomato Puree**
- **Cheddar Cheese** - grated
- ¼ tsp **white pepper**
- **Herbs de Provence**
- **Broccoli**



Cooking Instructions

Required: oil for frying and butter for the mash.

1. Add the **lentils** to a small saucepan and cover with approx. 500ml of boiling water. Simmer the lentils for 30mins then drain and set aside.
2. Add the **potatoes** to a large pan and cover with boiling water and simmer for 20 minutes. Using a fork check the potatoes are completely cooked, then drain.
3. Add to the drained potatoes, the **white pepper** & 1tbsp of butter or olive oil (optional) and mash until smooth (for convenience use an electric whisk).
4. In a large frying pan add ½ tbsp oil and sauté the **carrots** & **onion** for 8-10 mins or until soft. Next add the **garlic**, cooked **lentils**, **soy sauce**, **tomato puree**, & **Herbs de Provence**, ½ cup (200ml) of water & stir.
5. Transfer the contents from the frying pan to an oven dish. Top the oven dish with the mashed potatoes, followed by the **grated cheese**. Cook in the oven for 20 mins.
6. Cook the **broccoli** by placing in a steamer or in a pan with a little boiling water with a tight lid and simmer for 5 to 7 mins. Drain and cut into florets.
7. To serve place a portion of the cottage pie alongside the broccoli florets.



Nutritional Information

Nutrition information typical values

Nutrient:	per 100g	per serving (537g)
Energy	444kJ / 106kcal	2386kJ / 567kcal
Fat	2.2g	12g
of which saturates	1.1g	5.8g
Carbohydrate	15g	82g
of which sugars	3.3g	18g
Protein	4.8g	26g
Salt	0.38g	2g

Lentil Cottage Pie

DIETARY & ALLERGEN INFORMATION:

CONTAINS Wheat, Milk, Soya

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information Scan Here

