

## VEGETARIAN COTTAGE PIE POTATO SKINS



### PREP TIME

30 Minutes



### COOK TIME

15-20 Minutes



### SERVES

4-6



### Ingredients

#### Potatoes:

- 4 russet potatoes, baked whole and cooled
- 3 tbsp extra virgin olive oil
- Milk, dairy or non-dairy
- Salt and freshly ground black pepper

#### Filling:

- 2 tbsp extra virgin olive oil
- 2 carrots, finely chopped
- 1 stalks celery, finely chopped
- 1 medium onion, finely chopped
- 1 portabello mushrooms, finely chopped
- 3 cloves garlic, finely chopped
- 1 cup frozen peas, thawed
- 1 tbsp soy sauce
- 2 tsp balsamic vinegar
- 2 tsp chopped fresh sage (or 1-2 tsp dried)
- ½ tsp dried thyme
- 1 tbsp all-purpose flour
- ½ cup vegetable stock
- ½ cup cooked canned lentils
- Grated Cheddar, optional

### Steps to Make

1. Preheat oven to 400° Cut pre-baked potatoes in half and scoop out flesh, leaving a thin border of flesh intact. Place potatoes on a baking sheet and brush with olive oil and season with salt and pepper. Bake in oven 5 to 7 minutes, then flip over and bake 5 to 7 minutes longer until skin is browned and crisp.
2. Mash potato flesh with 3 tbsp olive oil or butter and a milk. Season with salt and pepper and set aside.
3. *Filling:* In a large skillet, heat olive oil over medium heat. Add onion, carrots and celery; cook 3 to 4 minutes. Add mushrooms and cook 5 to 6 minutes until softened and extra liquid has evaporated. Add garlic and cook 1 to 2 minutes longer. Stir in peas, soy sauce, balsamic and herbs and cook until liquid is absorbed.
4. Sprinkle in flour; stir to combine, cooking for 1 to 2 minutes. Stir in stock and cook until slightly thickened and nearly all the liquid is absorbed. Stir in lentils. Season to taste with salt and pepper.
5. Spoon filling into potato skins and top with reserved mashed potato and grated cheese, if using. Broil 6 inches from heat for 1 to 2 minutes or until top edges of mashed potatoes are browned. Sprinkle with chopped parsley; serve warm.

**Pre-bake potatoes:** To prepare baked potatoes, prick all over with a fork. Microwave on HIGH for 5 minutes. Turn and microwave for a further 5 minutes. You can also pre-bake in the oven for 40 to 50 minutes at 350 F.