VEGETARIAN COTTAGE PIE POTATO SKINS



15-20 Minutes





Ingredients

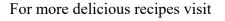
Potatoes:

- 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)
- ¹/₂ tsp dried thyme
- 1 tbsp all-purpose flour
- ¹/₂ cup vegetable stock
- ¹/₂ cup cooked canned lentils
- Grated Cheddar, optional

Relish



1. Preheat oven to 400° Cut pre-baked potatoes in half and scoop out flesh, leaving a thin border of flesh intact. Place

Steps to Make

- 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.