



The Larder presents...

# CHEESY SHEPHERDESS

## PIE



PREP: 10min  
FILLING COOK: 35min  
PIE COOK: 20min



SERVES: 4

### YOU WILL NEED:

#### INGREDIENTS:

- 1 Tbsp Olive or Sunflower Oil
- 1 Onion (peeled and chopped)
- 1 Garlic Clove (peeled and pressed or chopped finely)
- 2 Carrots (washed, peeled and chopped)
- 2 Celery Sticks (washed and chopped)
- 5-6 Mushrooms (washed and sliced)
- ½ Tsp Mixed Herbs
- 1 Cup Red Lentils
- 1 x 400g tin Chopped Tomatoes
- 1 Vegetable Stock Cube
- 2 Cups of Water (off the boil)

#### PIE TOPPING:

- 6 Potatoes (washed, peeled and halved)
- 1 Tbsp Butter/Margarine
- 3 Tbsp Milk
- 3 Tbsp Cheese
- Salt and Pepper (to taste)

### YOU WILL NEED:

#### EQUIPMENT:

- Cup (for measuring)
- Tablespoon (Tbsp)
- Teaspoon (Tsp)
- Chopping Board
- Sharp Knife
- Vegetable Peeler
- Wooden Spoon
- 2 Saucepans
- Potato Masher or Fork
- Ovenproof Dish/Casserole Dish
- Hob
- Oven

#### REMEMBER:

Always **wash your hands** thoroughly before touching and preparing ingredients.

**\*Allergy Statement:** "Recipe items may contain or come into contact with **WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.**"

## METHOD:

1. **ALWAYS START BY** - Washing your hands thoroughly
2. **Gather** together all the equipment and ingredients
3. **Heat** the oven to **200C**, fan oven **180**, Gas Mark **6**
4. **Prepare ALL vegetables** (peel and slice/crush garlic; peel and slice onion; wash, peel and chop the carrots; wash and slice mushrooms and celery; peel, wash and halve potatoes)
5. **Turn** the hob to a **medium heat** and place **saucepan over the hob**
6. **Pour oil** into the **saucepan** and **heat the oil slowly**
7. **Add onion, garlic, carrots and celery** to the **hot oil in saucepan** (CAREFUL NOT TO SPLASH OIL)
8. **Gently fry the vegetable mix** for **5 minutes** until **soft and lightly golden**
9. **Add ½ teaspoon** of **mixed herbs and mushrooms** to the **vegetable mix** and **stir**
10. **Add 1 cup** of **dried red lentils**, **2 cups** of **water** (just off the boil) and **crumble** in the **stock cube**
11. **Add tinned tomatoes** and **stir well**
12. **Bring to the boil** and **simmer gently** for **15-20 minutes** (stirring occasionally)
13. **Wash, peel** and **cut** the **potatoes into halves**
14. **Place** the **potatoes** in a **separate saucepan**, **pour over** enough **water** (just off the boil) to **cover** them
15. **Boil** the **potatoes** gently for **approx 15 minutes** (**CHECK** the **potatoes** are **SOFT** by **piercing** with a **knife in the centre**)
16. **Drain potatoes** carefully and **add 3 tablespoons of milk**, **1 tablespoon butter/margarine**, **salt and pepper** (to taste) and **mash** with a fork or potato masher
17. **To assemble the pie: spoon** the **lentil/veg mix** carefully **into** an **oven-proof dish**
18. **Spread** the **mashed potatoes on top** and **sprinkle** with **cheese**
19. **Place** in the **oven** and **bake** for **20 minutes** until **golden brown** in **colour**

## THE LARDER TOP TIPS:

- Enjoy the pie with a serving of peas or greens of your choice
- Disguise vegetables by chopping them small for anyone in the family who isn't a veggie fan

## NUTRITION KNOW HOW:

Lentils are an excellent source of protein and count towards 1 of your 5 a day.

1. **Tell the Larder your best 5 Veggie facts...**

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