

# Veggie shepherd's pie

Serves: **Serves 4**

## Ingredients

### For the filling

- 1 tbsp oil
- 1 leek, trimmed, finely chopped
- 2 carrots, finely chopped
- 150g/5½oz chestnut mushrooms, roughly chopped
- 1 large garlic clove, finely chopped
- 3 fresh sage leaves, roughly chopped
- 3 sprigs fresh thyme, leaves only, finely chopped
- 1 x 400g tin green or Puy lentils, drained
- 1 x 400g tin chopped tomatoes
- 200ml/7fl oz vegetable stock
- 200ml/7fl oz red wine
- 1 tbsp Worcestershire sauce (optional)
- 1 tsp chilli flakes (optional)
- salt and freshly ground black pepper

### For the topping

- 4 sweet potatoes (about 500g/1lb 2oz in total), peeled and cut into 2cm/¾in chunks
- ½ small cauliflower, leaves and root removed, separated into florets
- knob of unsalted butter
- salt and freshly ground black pepper
- 1 tbsp finely grated Parmesan (optional)

## Method

For the filling, heat the oil in a frying pan over a medium heat. Add the leeks and fry for 4-5 minutes, or until beginning to soften. Add the carrots, mushrooms and garlic and continue to cook, stirring regularly, for 4-5 minutes. Add the sage, thyme, tinned lentils, tinned tomatoes, stock and red wine and stir together until well combined.

Bring the mixture to the boil, then reduce the heat until it is simmering and continue to simmer for 18-20 minutes while you make the topping. Preheat the oven to 200C/180 Fan/Gas 6.

For the topping, bring a large saucepan of water to the boil. Add the sweet potato and potato and boil for 10-12 minutes. Add the cauliflower and boil for a further 8-10 minutes, or until tender.

Drain the vegetables and return them to the pan. Add the butter, season with salt and freshly ground black pepper, then mash until smooth. Set aside and keep warm.

Stir the Worcestershire sauce, chilli flakes into the filling mixture, which should have thickened during cooking. Continue to simmer for a further 1-2 minutes, adding a little water if the mixture is too dry. Season, to taste.

Transfer the filling mixture to an ovenproof baking dish, then spoon over the topping and spread into an even layer. If you like a crispy topping, create peaks in the mash using a fork. Sprinkle over the parmesan, if using.

Bake the shepherd's pie in the oven for 18-20 minutes, or until the topping is golden-brown and the filling is bubbling.