



Lentil Shepherd's Pie with butternut squash topping

Veggie 40-45 mins

7



Lentils



Diced Butternut Squash



Chopped Tomato
with Onion & Garlic



Carrot



Italian Herbs



Worcester Sauce



Almonds



Rocket



Balsamic Glaze

Pantry Items: Oil, Butter, Salt, Pepper, Sugar, Milk (optional), Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Oven Dish, Colander, Large Pot, Lid, Potato Masher, Sieve

Ingredients

	2P	4P
Lentils	1 pack	2 packs
Diced Butternut Squash	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Carrot	1 unit	2 units
Italian Herbs	1 sachet	2 sachets
Worcester Sauce	1 sachet	2 sachets
Almonds	15 g	30 g
Rocket	40 g	80 g
Balsamic Glaze	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	659.5 g	100 g
Energy (kJ/kcal)	1726.5 kJ/ 412.6 kcal	261.8 kJ/ 62.6 kcal
Fat (g)	6.7 g	1 g
Sat. Fat (g)	0.7 g	0.1 g
Carbohydrate (g)	59 g	9 g
Sugars (g)	39.9 g	6 g
Protein (g)	8.1 g	1.2 g
Salt (g)	4.8 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- When boiling add the **butternut squash** and cook until fork tender, 15-20 mins.
- Once **butternut squash** is cooked, drain in a colander. Return to the pot, off the heat.
- Add a knob of **butter** and a little **water** or **milk** (if you have it). Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Make the Salad

- Toss the **salad leaves** with a drizzle of **oil**.
- Season to taste with **salt** and **pepper**.



Simmer the Lentils

- Trim the **carrot**, then coarsely grate (no need to peel). Drain and rinse the **lentils**.
- Place a pan over medium-high heat with a drizzle of **oil**. When hot, add the **carrot** and fry for 2-3 mins, stirring occasionally.
- Add **lentils**, **chopped tomatoes**, **Italian herbs** and **Worcester sauce**.
- Simmer for 5-7 mins, until the sauce has thickened slightly. Season with **salt**, **pepper** and **sugar** to taste.



Serve it Up

- Dish up a hearty helping of **lentil** shepherd's pie.
- Serve the salad alongside with a drizzle of **balsamic glaze**.

Enjoy!



Assemble the Pie

- Spoon the **lentils** into an oven dish.
- Carefully layer the mash over the filling, using the back of a spoon to smooth it out.
- Top with the **almonds**.
- When the oven is hot, pop onto the top shelf and bake for 10-12 mins. Leave the pie to rest for 5 mins before serving.