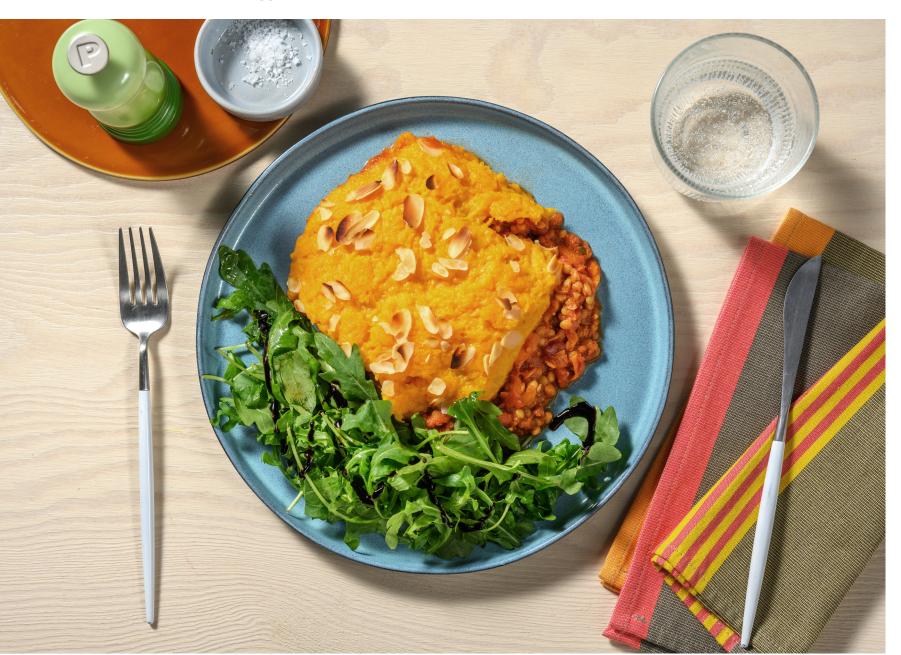


# Lentil Shepherd's Pie

with butternut squash topping

Veggie 40-45 mins









Lentils

Diced Butternut Squash





Chopped Tomato with Onion & Garlic

Carrot





Italian Herbs

Worcester Sauce







Rocke



Balsamic Glaze

## 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.



#### 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.



#### 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.



#### 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.



## Make the Salad

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



## Serve it Up

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

Enjoy!



Thumbs up or thumbs down? Head online or use the app to rate this recipe.

