




LENTIL SHEPHERD'S PIE

 4 servings  Prep: 15 mins  Cook: 50 mins

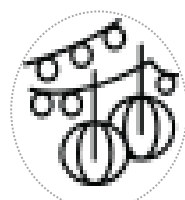


INGREDIENTS

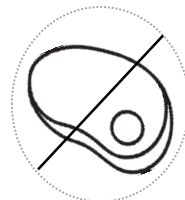
600g Potatoes, with skin
 4 tsps Mushroom concentrated stock, lower in sodium
 45g Margarine
 1 Onion, medium, chopped
 180g Lentils, brown or green
 2 tsps Black pepper
 200g Mixed vegetables, frozen
 1 tsp Thyme, dried

METHODS

1. Chop potatoes into chunks. In a pot, boil the potatoes for 20 mins or until soft.
2. To prepare mushroom stock, add 600ml of water to the concentrated stock. Set aside.
3. In a heated pot, add 15g margarine and sauté onions until brown.
4. Add in lentils and mushroom stock. Simmer with a cover for 35 mins or until the lentils are tender.
5. Drain the potato. In a large mixing bowl, mash potatoes with 30g margarine and 1 tsp of pepper with a fork and set aside.
6. Add in frozen vegetables, thyme and remaining 1 tsp of pepper to the lentils.
7. Continue to simmer to evaporate any excess liquid.
8. Transfer to a 7 inch round baking pan and top it with mashed potatoes.
9. Air-fry at 180°C or bake at 200°C for 10 mins or until lightly browned on top.



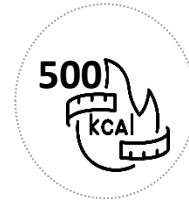
FESTIVE
DISHES



MEATLESS
MONDAY



ONE-DISH
MEALS



< 500 KCAL
DISHES

Nutrition Information (per serving)

Energy 356kcal, Carbohydrate 48.6g, Protein 17.1g, Fats 7.5g, Saturated Fats 1.7g, Polyunsaturated Fats 2.0g, Monounsaturated Fats 3.2g, Cholesterol 0mg, Dietary Fibre 10.6g, Sodium 570mg, Potassium 1070mg, Phosphate 300mg

