



Everything  
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK16  
2015

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Wandering Shepherd-less Pie

The vegetarian Shepherd-less pie is arguably better than its traditional meaty brother. This is comfort food at its absolute best. Enjoy it with a glass of red in front of a roaring fire. Log cabin in the woods optional.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 2



Red Onion



Garlic



Carrot



Capsicum



Lentils



Tomato Paste



Potatoes



Parmesan



Parsley

2P	4P	Ingredients	
450 g	900 g	potatoes, peeled & quartered	C
30 ml	60 ml	milk *	
1 tbs	2 tbs	butter *	
2 tbs	4 tbs	olive oil *	
1/2	1	red onion, finely diced	⊕ A
2	4	garlic cloves, peeled & crushed	⊕
2	4	carrots, finely chopped	
1	2	capsicum, diced	B
1 tin	2 tins	lentils, drained & rinsed	
1 tbs	2 tbs	Worcestershire sauce (or soy sauce) *	
50 ml	100 ml	red wine *	
1 tbs	2 tbs	tomato paste	
50 g	100 g	parmesan, grated	
1 tbs	2 tbs	parsley, roughly chopped	⊕

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2102	Kj
Protein	22.5	g
Fat, total	18.1	g
-saturated	5.5	g
Carbohydrate	41.4	g
-sugars	10.5	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Place the **potatoes** in a saucepan of cold water, bring to the boil and cook for **20 minutes** or until tender. Check that the potatoes are cooked by piercing them with a knife, if they are soft all the way through strain them and place them back in the pot. Add the **milk** and **butter**, season well with **salt** and **pepper** and then mash with a potato masher to your desired consistency.



**3** Heat the **olive oil** in a large pan over a medium-high heat. Add the **red onion**, **garlic**, **carrot**, and **capsicum**, then sauté for **5 minutes** or until the vegetables have sweated down. Add the **lentils**, **Worcestershire sauce** (or soy), and the **red wine** then cook for **2 minutes** to burn off the alcohol. Throw in the **tomato paste** and bring to a simmer for 10 minutes or until the liquid has reduced.



**4** Place the vegetable mixture into an oven-proof dish (or in large individual ramekins as we have), making sure you leave space for the mash! Spoon on the mash then smooth it out so that you have completely covered the filling then season with salt and pepper, grate over the **parmesan**, and finish it off with a drizzle of olive oil. Place the dish into the oven on the top shelf for **10 minutes** or until the mash has turned golden brown.



**5** Remove from the oven and allow to cool for a couple of minutes - these babies are hot! Garnish with some fresh **parsley**. Enjoy this hearty classic!

**Did you know?** The vegetarian version of shepherd's pie is generally called shepherd-less pie.