

Vegan Shepherds Pie


low Calorie, Low Fat warming Vegan comfort food makes eight individual or two large pies

Ingredients

Item	Qty	Unit
Butternut Squash	120	g
Carrot	300	g
Celery	80	g
Chick Peas	400	g
Dried Porcini Mushrooms	30	g
Flat Parsley	10	g
Frozen Peas	300	g
Frozen Spinach	300	g
Garlic	10	g
Leek	120	g
Olive Oil	20	ml
Onion	100	g
Oregano	10	g
Potato	1200	g
Sage	10	g
Smoked Paprika	2	tsp (5g)
Thyme	5	g
Tomato Puree	2	tbsp (15g)
Vegan Veg Stock (cube)	10	g
Vegetable Oil	50	ml



Allergens

Celery  (Celery)

Nutrients	Portion	100g
Energy	347.17kcal	89.16kcal
Salt	0.17g	0.04g
Fat	10.96g	2.81g
Saturated fat	1.27g	0.33g
Carbohydrate	47.92g	12.31g
Sugar	8.01g	2.06g
Protein	12.33g	3.17g
Fibre	13.86g	3.56g

2 TGR

2 KEMNGCXBQWIENPRJGCIQTGICPPFJ[OG

UQQM2QTECWXJTTQKDDV CVBQTOKPWJGPTCTEUGTJKS SWKF

'KEVJ&CTT&WCGPIJOWVV GSTPWUJ

&TWVJGCTNKE

TQWEJJQRWRTCTUNG[

56(2

2NCEGVPRGRNGFCVPCNCTUGWEGRCYKWCVDTKVQJQKNEKOOHQTTOKPWPVKIMKLPWUQT/URNKCKPFGCXCSQCNKV VNG

56(2

/GCPYJKKGW&GIGVQKNECNTJGCDXCUBERDÖCOGRTEQUHU GFTQUNGVJOWUJTTQNGCMBKQPU
ECTTQPVWJGVQEMDCPEQQQIPVHQ TOKPUVKTTKFWN&TWVCVWVWKEGFWEJGGCOPBVCQTG
HTGSWGETKQKBIKMTUQOJQV VVQCGUJQVDFQBWPQOWUJ[

STEP 3

Add the garlic, tomato purée, paprika, squash and herbs. Stir and turn the heat up a bit, cook for 3 mins, add the celery, then stir and cook for a few more mins.

STEP 4

Add the chickpeas along with the water in the can and reserved mushroom stock. Add the peas and spinach and stir well. Cook for 5 mins, stirring occasionally, then season, turn off and set aside. There should still be plenty of liquid and the veg should be bright and a little firm.

STEP 5

Peel the potatoes and discard the skin. Mash 200g with a fork and stir into the veg. Break the rest of the potatoes into chunks, mix with the olive oil and parsley and season.

STEP 6

Heat oven to 190C/170C fan/gas 5, divide the filling into the pie dishes and top with the potatoes then bake the pies for 40-45 mins (20-30 mins if doing individual), until the top is golden and the filling is heated through.