

# Lentil Cottage Pie



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

**PREP/COOKING TIME: 90 MINUTES**

**BASED ON: 18 SERVES**

## INGREDIENTS

### Lentil filling

	SERVES 18	SERVES 45	SERVES 90
Olive oil	As needed	As needed	As needed
Onion, diced	2 medium	4 1/2 medium	9 medium
Garlic, peeled and crushed	2 cloves	5 cloves	10 cloves
Mixed vegetables, fresh or frozen	350g	875g	1.75 kg
Canned brown lentils, drained	3 x 400g tins	8 x 400g tins	16 x 400g tins
Canned diced tomatoes	800g	2 kg	4 kg
Salt reduced tomato paste	60g	150g	300g
Worcestershire sauce	40 mL	100 mL	200 mL
Salt reduced vegetable stock powder	10g	25g	50g
Water	150 mL	375 mL	750 mL
Herbs, fresh/dried	1 tsp	2 tsp	4 tsp
Salt and pepper	To taste	To taste	To taste

### Potato mash

Potatoes, peeled and cut into even sized pieces	1.1 kg	2.75 kg	5.5 kg
Polyunsaturated margarine	110g	275g	550g
Reduced fat milk	140 mL	350 mL	700 mL
Reduced fat cheddar cheese, grated	150g	375g	750g

## METHOD

1. Preheat the oven to 180°C. Spray or lightly brush a baking dish with oil.
2. Place a saucepan over medium heat and add enough oil to lightly coat the bottom of the pan. Add the onion and garlic. Cook, stirring until they start to look transparent. Add the other vegetables to the pan and cook until soft.
3. Add the lentils, diced tomatoes, tomato paste, vegetable stock powder, water, Worcestershire sauce and herbs and mix well. Season with salt and pepper to taste. Simmer uncovered for 20 minutes or until the liquid has reduced and the mixture has thickened slightly. Remove the pan from the heat.
4. Put the potatoes in a large saucepan and add enough warm or hot water to cover them. Bring to the boil, reduce the heat and simmer until the potatoes are soft. Drain and return them to the saucepan.
5. Add the margarine and milk to the potatoes and mash until smooth and creamy.
6. Spoon the lentil mixture into the bottom of the baking dish and spread the mashed potato on top. Evenly sprinkle the grated cheese over the top of the potato.
7. Place the baking dish in the oven and bake for 20 minutes or until the potato topping is a golden brown and the cheese has melted.

### TIPS

Vegetables such as carrot, celery, zucchini, mushroom, peas, broccoli or cauliflower would all work well.