SHOPPING LIST

Lentil and Vegetable Shepherd's Pie

Serves 6

For the filling

- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 2 carrots, diced
- [ ] 2 celery sticks, diced
- [ ] 3 garlic cloves, crushed
- [ ] 250 g mushrooms, chopped
- [ ] 2 tbsp tomato purée
- [ ] 250 g dried green or brown lentils, rinsed
- [ ] 700 ml vegetable stock
- [ ] 2 tsp fresh thyme leaves
- [ ] 1 tbsp soy sauce
- [ ] 150 g frozen peas
- [ ] Salt and black pepper

For the mash

- [ ] 1.2 kg floury potatoes, peeled and chopped
- [ ] 60 g butter
- [ ] 100 ml milk
- [ ] 60 g grated mature cheddar, optional

Tick off what you already have at home.