

Recipe Card: Martin Shaw's shepherds pie

Try substituting lentils for mince for a cheap and tasty comforting dinner.

Ingredients

Topping

Cooked potatoes for mashing plus olive oil or vegan margarine, salt and black pepper. For a diabetic-friendly topping use sweet potatoes instead of white and minimise the oil or margarine

Filling

2 tbsp olive oil
1 large onion, chopped
3 cloves of garlic, crushed
1 red pepper, roughly chopped
1 medium courgette, chopped in half lengthways then sliced
110g (4oz) mushrooms, chopped
225g (8oz) veggie mince (eg Fry's, Linda McCartney or supermarket own-brand) OR 1 x 400g tin whole cooked lentils (250g home-cooked)
2-3 tsp mixed dried herbs
2 x 400g/14½ oz tins of chopped tomatoes
1 tbsp tomato purée
1-2 tsp yeast extract (eg Marmite or an own-brand) or dark miso
Salt and pepper, to taste



Instructions

Pre-heat the oven to 375°F/190°C/Gas Mark 5.

Fry the onion and red pepper in the oil until soft.

Add the garlic, courgette and mushrooms and cook until the mushrooms are golden brown.

Add the mince if using plus the dried herbs and fry for 4-5 minutes, stirring constantly. (If the mixture sticks and needs a bit of moisture use some of the juice from the tinned tomatoes.)

Add the tomato purée, tinned tomatoes and marmite/miso, stir well and simmer for 10 minutes over a low heat. If using lentils, stir in now.

Taste the mixture and add salt and pepper if needed.

Put in an oven-proof dish, top with mashed potato, make a rough pattern on the top with a fork and cook for 30 minutes.