

HIDDEN VEGETABLE SHEPHERD'S PIE

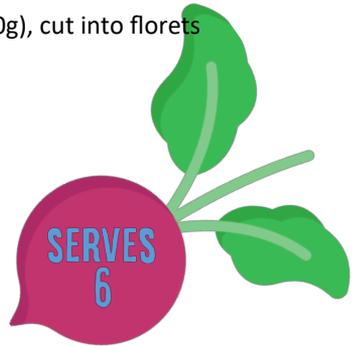
ADAPTED FROM BBC FOOD

INGREDIENTS

- 1 tbsp. oil
- 1 white onion, diced
- 2 cloves of garlic, crushed
- 750g meat-free mince or canned lentils and beans
- 400g can chopped tomatoes
- 2 carrots, grated
- 1 red pepper, diced
- 75g mushrooms, sliced
- 1 cauliflower (roughly 500g), cut into florets
- 1 tbsp. dried mixed herbs
- 2 eggs
- 2 tbsp. cream
- 100g grated cheese

METHOD

1. Preheat the oven to 200°C/180°C Fan.
2. Place a large frying pan onto a medium heat and add the oil. Add the onion and garlic and cook for 5 minutes until soft. Add in the pepper and mushrooms and cook for a further 3 minutes.
3. Add the mince/pulses and mixed herbs and cook until the mince is browned. Season with salt and pepper and add the tinned tomatoes and carrot and stir well.
4. Meanwhile, place the cauliflower into a saucepan of boiling water and cook until tender (about 5-7 minutes). Once cooked, drain and place in a food processor. Add the eggs and cream and blend until smooth but still with a little bit of texture. Season with salt and pepper to taste.
5. Place the mince into a large ovenproof dish, spoon the cauliflower on top and sprinkle with cheese. Bake for 20-25 minutes until golden and bubbling.



FREEZER FRIENDLY

Let the dish cool to room temperature, wrap in foil and freeze as normal!