

Lentil & Veggie Cottage Pie

Vegan / GF

2.5 litre dish – about 7-8 cm / 3” deep

Ingredients

Sauce:	1 kg / 2# russet potatoes
1½ t salt	
½ t pepper	200 gr / 1 c brown lentils
3 cloves garlic - pressed	2 bay leaves
2 T tomato paste	3 c / 750 ml water
1 T apple cider vinegar	
1 T tamari	¼ c olive oil (2 T + 2 T)
1 T cornstarch	1 large onion - about 200-250 gr / ½ lb.
Pinch of dried chilies	3 carrots – about 350 gr / 2/3 lb.
250 ml / 1 c hot vegetable stock	2 stalks celery
	250 gr frozen peas (about 500 ml / 2 c)

Directions

Lightly oil the 2.5 litre baking dish.
Preheat oven to 400°

Sauce:

Whisk together sauce ingredients in order given and reserve.

Potatoes:

Peel potatoes, cut into even size chunks, 1½” pieces

Barely cover with water, add a Tablespoon of salt, and bring to a boil.

Turn down to low and simmer until easily broken with a fork. About 20 minutes.

Drain and mash.

Add in 2 T olive oil, plus 1 t salt.

Stir well, using a fork. Hold for using as the crust.

Lentils:

Put lentils, water and bay leaves into a pot.

Bring to a boil, immediately reduce to a simmer.

Cook for 20-25 minutes until tender, but not until mushy.

Drain, remove bay leaves, reserve in same pot.

Prepare vegetables:

Dice onion, carrots and celery into similar size pieces, about ½”.

Portion out peas and reserve ready to add to recipe.

Heat 2 T oil over medium heat, in a large pot or skillet.

Add in vegetables, sauté for 15 minutes. Do not brown, reduce heat if necessary.

Carrots should be fork-tender.

Combine:

Add sauce to drained lentils.

Add sauce and lentils to sautéed vegetables, stir to combine.

Add in peas, stir to combine.

Spoon filling into prepared baking dish, smoothing to level.

Add spoonfuls of mashed potatoes over the top, use a fork to spread to edges, creating an even crust.

Rough up the top of the potatoes with fork, this will encourage browning.

Bake for 40 minutes in the middle of the oven.

Remove from oven and let sit for 10 minutes before serving.

Serve large spoonfuls, with sautéed greens such as spinach, Swiss chard or kale alongside.