

1. Put onion and garlic in a bowl with oil, cover and cook on HIGH for 3mins.
2. Add the carrots, thyme and the tomatoes, then sprinkle in the stock cubes and cook on HIGH for 5mins.
3. Add the can of lentils, including their juice, then cover and cook on HIGH for 8 mins until the carrots are cooked and the lentils are pulpy.
4. Cauliflower mash - 1 medium cauliflower broken into florets and either steamed or placed in bowl with 4-5tbs water covered and cooked in microwave until soft. Drain and puree until smooth with a small amount of butter and milk. Season to taste.
5. Put veg & lentil mixture into a dish and cover with cauliflower mash. Sprinkle with cheese and put under a hot grill until golden.

1tbsp olive oil
1 clove garlic, crushed
1 large onion, halved and sliced
2 large carrots, diced
2tbsp thyme chopped, or ½ tsp dried thyme
400g can chopped tomatoes
2 vegetable stock cubes
410g can green lentils
Medium cauliflower
85g mature cheddar, grated
Black pepper to season
Optional, chopped mushrooms and spinach.

MAIN

'What's Cooking!' Recipe Card

Veggie shepherd's pie with cauliflower mash



Food Fact:-

Using cauliflower for the mash adds an unusual taste/texture combination as well as reducing the carbohydrate content.

Lentils are an excellent, inexpensive source of protein.

Preparation time 8 MINS

Cooking time 20 MINS

Serves 4 - 6