



Lentil Shep Pie

INGREDIENTS

3/4 bag of frozen Onion
3tbs Garlic puree
3tbs Veg Oil
2tbs Thyme
3tsp Rosemary
6tbs Tomato Paste
3 Tins of Green Lentils
1-1.5L Veg Stock
4tsp Paprika
4x Carrots
4 stalks of Celery
1/2 cup of Tahini
4tbs Tamari/Soy Sauce
3tbs Balsamic Vinegar
Potatoes (Normal or Sweet)

DIRECTIONS

1. Peel, chop potatoes.
2. Fry onion in the oil for 5 mins then add garlic, thyme and rosemary and cook again for 2 mins.
3. Add the carrots and celery and cook for 5 mins.
4. Add the mince and cook till browned.
5. Add the tomato Paste to the pan and cook for 3 mins.
6. Add the stock, lentils and paprika and boil.
7. Simmer, add the tahini, tamari and balsamic. Stir well.
8. Boil the potatoes and drain WELL.
9. Serve Separately, or top the pie with the mash and cook in the oven for 15-20 mins!

