



BEC  
BALDRY  
WELLNESS



# SHEPHERD/LESS PIE

SERVES 6

## INGREDIENTS

- 5 medium potatoes (1kg), washed and peeled
- ⅓ cup unsweetened almond milk
- 1 tbsp butter
- Salt and pepper, to taste
- 1 brown onion, diced
- 2 garlic cloves, minced
- 2 stalks celery, diced
- 1 cup mushrooms, diced
- 2 tbsp cornflour
- 2 cups room temperature water
- 1 can (400g) lentils, drained then rinsed **OR** 500g beef mince
- 3 cups frozen mixed veggies
- 2 tbsp tomato paste
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 3 tbsp dark soy sauce

## METHOD

1. Place potatoes into a large saucepan and cover with cold water. Bring to the boil and cook for 20 minutes or until a knife can easily pierce through and slide out of the potato.
2. Once cooked, drain the potatoes and return to the pot.
3. Using a potato masher, mash the potatoes until smooth.
4. Add the almond milk, butter, salt and pepper and mix until creamy.
5. Preheat the oven to 200°C. In the meantime, heat a nonstick frying pan on high heat and sauté the onion, garlic, celery and mushrooms for 3-4 minutes or until the onion has softened.
6. Mix the cornflour with the water and pour into the pan then add the lentils (or beef mince), frozen mixed veggies, tomato paste, thyme, rosemary and soy sauce. Bring mixture to the boil then lower the heat and simmer until cooked and thickened.
7. Pour the filling into a large baking dish and spread evenly over the base. Distribute the potato mash on top and smooth it down until it completely covers the filling. Gently prick the surface with a fork to give the top some texture.
8. Bake uncovered for 25 minutes or until top is golden brown and bubbling. Allow to cool slightly before serving.