



VEGAN SHEPHERD'S PIE

INGREDIENTS

800g Maris Piper potatoes
800g sweet potatoes
Sea salt
Freshly ground black pepper
60ml Pomace olive oil
250g onion
350g carrots
3 cloves of garlic
125g sticks of celery
20g coriander seeds
40g small bunch of thyme
450g chestnut mushrooms
15 sun-dried tomatoes plus oil from the jar
15ml tablespoons
Balsamic vinegar
20g tomato puree
150ml vegetable stock
1 x 300g cooked lentils
1 x 300g chickpeas
6 sprigs of fresh flat-leaf parsley
3 sprigs of fresh rosemary
Zest of 1 lemon
30g fresh breadcrumbs
50g cooked roasted red quinoa

METHOD

1. Peel and chop the potatoes into 2cm dice. Place the Maris Piper potatoes into a large pan of cold salted water over a medium heat. Bring to the boil, then simmer for 10–15 minutes, or until tender, adding the sweet potatoes after 5 minutes. Drain and leave to steam dry, then return to the pan with the olive oil and a pinch of salt and pepper. Mash until smooth, then set aside.
2. Peel and finely slice the onion, carrots and 2 garlic cloves, then trim and finely slice the celery. Toast the coriander seeds in a pan and crush to a powder in pestle and mortar, then add to a medium pan over a medium heat with a good splash of olive oil. Add the thyme leaves, then cook for around 10 minutes, or until soft.
3. Roughly chop the mushrooms and sun-dried tomatoes. Add to the pan along with the vinegar and 2 tablespoons of the sun-dried tomato oil from the jar. Cook for a further 10 minutes then add the tomato puree, turn up the heat, and allow it to boil and reduce. Stir in the stock, lentils and chickpeas including some of the cooking liquor from the pulses, then leave to simmer for 5 to 10 minutes. Roughly chop the parsley leaves, then stir in. Season to taste, then transfer to a large baking dish or individual pie dishes. Allow to chill thoroughly.
4. Spread the mash over the top, scuffing it up with the back of a spoon. Finely slice the remaining garlic clove, then place into a bowl with the rosemary leaves, lemon zest, breadcrumbs and 1 tablespoon of olive oil. Mix well, sprinkle over the mash with the roasted quinoa then place in a hot oven for around 10 minutes, or until piping hot through. Place under the grill for a further 2–3 minutes, or until golden, then serve with seasonal greens.