

# Lentil & Veggie Shepherd's Pie

**Serves:** 8  
**Prep:** 25 min  
**Cook:** 50 min

**Dietary:** VEG, GF, EF, NF  
**Age group:** 8 months+  
**Difficulty level:** Beginner

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early learning & preschool

# Lentil & Veggie Shepherd's Pie



Nut-Free Vegetarian Egg-Free Gluten-Free

## Ingredients

### LENTIL BASE

- 1 tbsp (20ml) extra virgin olive oil
- 1 brown onion (55g), peeled and roughly chopped
- 3 garlic cloves (15g), peeled
- 1 stalk of celery (80g), rinsed and roughly chopped
- 1 large carrot (140g), peeled and roughly chopped
- 920g lentils, canned, drained and rinsed
- ¼ cup (60g) tomato paste
- 1 tbsp (20ml) tamari
- 1 tbsp (20g) thyme leaves, finely chopped
- 1 tbsp (20g) rosemary leaves, finely chopped
- 1 cup (250ml) vegetable stock, low salt
- 1 tbsp (20ml) balsamic vinegar
- 10g Nutritional yeast flakes
- Pinch of cracked black pepper

### MASHED POTATO TOPPING

- 700g potatoes, peeled and diced
- 400g cauliflower florets, rinsed
- 2 tbsp (40g) unsalted butter
- ½ cup (125ml) milk of choice
- ½ cup (50g) grated cheese
- Pinch of pepper, to taste

## Method

1. Preheat the oven to 200°C (400°F).
2. Heat the extra virgin olive oil in a large pot over medium heat.
3. Add the chopped onion, garlic, celery, and carrot. Sauté for 5-7 mins until the vegetables are softened.
4. Stir in the lentils, tomato paste, tamari, thyme, and rosemary. Cook for another 2-3 mins.
5. Pour in 1 cup of vegetable stock and bring the mixture to a simmer. Add more stock if needed to reach a desired consistency.
6. Stir in the balsamic vinegar, nutritional yeast and season with cracked black pepper.
7. Let the mixture cook for 10-15 mins until the flavours melt together and the sauce thickens slightly.
8. Once done, transfer the lentil mixture to a large baking dish.
9. While the lentil base is cooking, place the diced potatoes and cauliflower florets in a large pot of boiling water.
10. Cook for 15-20 mins until the vegetables are tender.
11. Drain well (pat-dry cauliflower) and return the vegetables to the pot. Add the butter, milk, and grated cheese. Mash until smooth and creamy.
12. Season with pepper to taste.
13. Assemble the Shepherd's Pie:
14. Spread the mashed potato and cauliflower mixture evenly over the lentil base in the baking dish.
15. Use a fork to create ridges on the surface, which will help create a crispy topping.
16. Place the baking dish in the preheated oven and bake for 20-25 mins or until the top is golden brown and crispy.
17. Allow the shepherd's pie to cool slightly before serving.