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by Liz Robb

Lentil Shepherd's Pie



Ingredients

1 tablespoon oil
1 large or 2 small carrots, diced
1 onion, chopped small
2 cloves garlic, crushed
200 g washed red lentils
20 fl oz vegetable stock
1 large tablespoon marmite, mixed with a little hot water.
400 g tin chopped tomatoes
150 g frozen peas
Splash of tabasco sauce
Salt and freshly ground black pepper
4 medium - large potatoes, peeled and chopped
50 g grated cheddar cheese
A few cherry tomatoes, halved.

Preparation

1. 1. Heat the oil in a large pan then soften the onion, garlic and carrot for 5-10 minutes until soft.
2. 2. Add the stock and marmite, then stir in the lentils. Simmer for 10-15 minutes.
3. 3. Add the tomatoes, peas and tabasco to taste, cook for a further 5 minutes or until cooked through. Season to taste.
4. 4. Meanwhile, boil, drain and mash the potatoes, with a little milk, until soft. Spread over the lentil mixture in a heatproof dish.
5. 5. Dot with the tomatoes and sprinkle with the cheese. Place under a hot grill for a few minutes until the cheese is bubbling and golden.

Cooks Note

Serves: 4