

Vegan Shepherd's Pie

A hearty, flavoursome vegan version of the classic 'comfort food'

Ingredients

- 1 tin cooked lentils, rinsed
- 1 tin casserole (or vegan) mince
- 1 tablespoon [Massel](#) 'Chicken' (or other vegan) stock powder
- 2 tablespoon tomato sauce
- 3 tablespoon Gravox (or other vegan gravy powder) mixed in with 250 ml (1 cup) boiling water
- 2 large onions, diced
- 10 large potatoes, peeled
- 500g (2 heaped cups) frozen diced vegetables – carrots, peas, corn and half-cup mushrooms
- Half cup water
- 2 tablespoons vegan margarine (e.g. Nuttelex)

Method

1. Saute onions and stock powder in water
2. Add lentils, veggie mince and vegetables
3. Stir in and cook ingredients for 10 minutes
4. Add gravy and tomato sauce, cook for 10 minutes
5. Cook potatoes, then mash up with margarine
6. Add mixture to large baking dish
7. Spread mashed potato on top
8. Bake for 30 minutes at 180 C, or until potato is crispy brown.

