



LIFELINE RECIPES

October 2022



A warming vegan supper with porcini mushrooms, leeks, carrots, and butternut squash, topped with crispy potatoes. It's low calorie, low fat, and perfect for when the nights draw in

METHOD

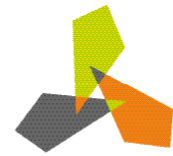
Put the unpeeled potatoes in a large saucepan, cover with water, bring to the boil and simmer for 40 mins until the skins start to split. Drain and leave to cool a little.

Meanwhile, heat the vegetable oil in a large heavy-based sauté pan or flameproof casserole dish. Add the mushrooms, leeks, onions, carrots and the stock cube and cook gently for 5 mins, stirring every so often. If it starts to stick, reduce the heat and stir more frequently, scraping the bits from the bottom. The veg should be soft but not mushy. Add the garlic, tomato purée, paprika, squash and herbs. Stir and turn the heat up a bit, cook for 3 mins, add the celery, then stir and cook for a few more mins.

Tip in the chickpeas along with the water in the can and reserved mushroom stock. Add the peas and spinach and stir well. Cook for 5 mins, stirring occasionally, then season, turn off and set aside. There should still be plenty of liquid and the veg should be bright and a little firm.

Peel the potatoes and discard the skin. Mash 200g with a fork and stir into the veg. Break the rest of the potatoes into chunks, mix with the olive oil and parsley and season.

Divide the filling into the pie dishes and top with the potatoes. Heat oven to 190C/170C fan/gas 5 and bake the pies for 40-45 mins, until the top is golden and the filling is heated through. If making individual pies, check after 20 mins. Best served with tomato ketchup – as all great shepherd's pies are



GREENMILL
IN STOCK ON SITE ON TIME

VEGAN SHEPHERD'S PIE

PREPERATION TIME:

30 mins

COOKING TIME:

1 hr and 20 mins

SERVES:

Serves 8 (makes eight individual or two large pies)

INGREDIENTS

1.2kg flouy potatoes, such as Maris Piper or King Edward

50ml vegetable oil

30g dried porcini mushrooms, soaked in hot water for 15 mins, then drained (reserve the liquid)

2 large leeks, chopped

2 small onions, chopped

4 medium carrots (about 300g), cut into small cubes

1 vegetable stock cube (make sure it's vegan)

3 garlic cloves, crushed

2 tbsp tomato purée

2 tsp smoked paprika

1 small butternut squash, peeled and cut into small cubes

½ small pack marjoram or oregano, leaves picked and roughly chopped

½ small pack thyme, leaves picked

½ small pack sage, leaves picked and roughly chopped

4 celery sticks, chopped

400g can chickpeas

300g frozen peas

300g frozen spinach

20ml olive oil

small pack flat-leaf parsley, chopped