

# Lentil Pie

This British adaptation of Shepherd's Pie is packed full of meat and vegetable protein and a perfect blend of ingredients to keep roaming little shepherds going.



**Influence: United Kingdom**



Serves 10 children



60 minutes

## INGREDIENTS

### Filling

Oil, olive 10g ( ½ T)

Onion, chopped 40g ( ½ medium)

Beef, mince, low fat 350g (1 ½ C)

Red lentils, dry washed 200g (1 C)

Gravy powder 10 (1 T)

Beef, stock powder 5g (1 t)

Water, boiling 125ml ( ½ C)

Parsley, dried 3g (1 t)

Tomato paste 20g (1 T)

Carrot, grated 75g ( ¾ C)

### Topping

Potato, peeled, white or sweet

potato 500g (5 medium)

Milk powder, skimmed 50g ( ½ C)

Water 40ml (2 T)

Cheese, cheddar, grated 100g ( ¾ C)

## DIRECTIONS

1. Preheat oven to 200°C.
2. In a large bowl add washed lentils to 300ml of boiled water. Leave to soak for 20 minutes. Pick over and discard any discoloured lentils.
3. Heat oil in a large fry pan. Add onions and mince. Cook until translucent, approximately 2 minutes.
4. Drain lentils.
5. Stir in tomato paste, lentils and carrot with mince mixture in fry pan. Cook for 3 minutes.
6. Add gravy and beef stock powders to 1 C boiled water. Add this mixture and dried parsley to mince. Simmer for 5 minutes.
7. Place in oven proof dish.

### Method for potato mash

1. Peel and roughly chop potatoes. Steam until soft.
2. Mix milk powder and water.
3. Mash potatoes, add milk powder and water mixture.
4. Add mash potato to mince dish.
5. Sprinkle with grated cheese and place in oven.
6. Bake for 15 minutes or until cheese has melted.

# Allergy Information

Cow’s milk protein.

Some gravy powders contain wheat and/or soy; some stock powders, cubes and liquids contain wheat and/or soy.

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## Childcare RDI Calculator:

Fat	<div></div>	20 %
Vegetables	<div></div>	80 %
Meat/Alt*	<div></div>	140 %
Cereals		0 %
Dairy	<div></div>	100 %
Fruit		0 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

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This recipe is sources from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services