Stacey Hendriks
Nutritionist · ABN: 92511714336

VEGAN PUMPKIN & SWEET POTATO SHEPHERD'S PIE

Take a spin to the classic Shepherd's Pie, make it entirely vegan with a mushroom-lentil "meat" and top with a generous layer of pumpkin mash. A healthy, comforting dish!

- 20 minutes
- 1 hour and 5 minutes
- 6 portions

INGREDIENTS

- 2 cups, pieces or slices of mushrooms,(140 g)
- 1 onions, diced (150 g)
- 1 tablespoon of oil, olive, (14 g)
- 2 cloves of garlic, minced (6 g)
- 1 tsp of rosemary, (1 g)
- 1 tsp of thyme, (1 g)
- 1/4 tsp of cayenne pepper(0 g)
- 3 tbsps of vinegar, balsamic (48 g)
- 3 cups of vegetable stock, (720 g)
- 1 cup of lentils, rinsed(192 g)
- 2 tsp of cornstarch + 2 tsp water
- 650 grams of pumpkin, diced
- 2 medium (500 grams) of sweet potato,diced
- 1 medium (150 grams) potato, diced
- 1/4 cup of almond milk, (66 g)
- 1 tsp of paprika (2 g)

COOKING METHOD

1º For the lentil filling: Heat oil in a large, heavy bottomed pan over medium heat, and once hot add the mushrooms and sear for about 5 minutes. Add the onions and cook until softened. Stir in the garlic, herbs, and spices; season with salt and pepper, and cook for an additional minute. Pour in the balsamic vinegar, stir.

2º Add the vegetable stock, increase the heat to high and bring to a rolling boil. Add the lentils and reduce the heat to medium-low, then simmer for 20-25 minutes, or until the lentils are cooked. Taste and adjust seasoning as needed.

3º In a small bowl, whisk the cornstarch with water and stir it in to the filling, stirring for a few minutes constantly until the mixture thickens. Remove from the heat and set aside

4º For the pumpkin and sweet potato mash: Place pumpkin, potatoes and sweet potatoes into a medium pot with water and a pinch of salt. Bring to a boil over high heat, then reduce to medium and simmer until tender, about 20 minutes.

5º Drain and mash, using a potato masher. Add milk, olive oil, paprika, salt and pepper, and stir well. Adjust seasoning as needed. Set aside.

6º Pour the mushroom filling in a shallow baking dish and top with the pumpkin and sweet potato mash, spreading into an even layer. Bake for 15-20 minutes, until golden and the sauce has started to bubble up around the edges. Serve immediately, with a side of green salad.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (441 g)	% DRI
ENERGY	67 kcal	297 kcal	15 %
FAT	1 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	68 mg	300 mg	13 %
CARBOHYDRATE	13 g	56 g	19 %
SUGARS	2 g	11 g	–
FIBER	2 g	8 g	32 %
PROTEIN	3 g	14 g	–