



**HAPPY
VEGAN
COMFORT
FOOD**

Karoline Jönsson



Serves 4–6

Mash

1.2kg/2lb 10oz potatoes,
peeled and cut into
chunks
75g/2½oz/5 tbsp
dairy-free spread
approx. 150ml/5fl oz/
⅔ cup plant milk
salt and black pepper

Lentil mince

3 brown onions, finely
chopped
2 carrots, finely chopped
5 large field mushrooms,
finely chopped
olive oil for frying
1 tsp white pepper
1 tbsp finely chopped
fresh rosemary
2 tbsp finely chopped
fresh sage
3 tbsp tomato purée
(tomato paste)
120g/4oz/scant ⅔ cup
dried red lentils
85g/3oz/scant ½ cup
dried beluga lentils
3 tbsp tamari
1 tbsp bouillon powder
(see page 40)
2 tbsp plain (all-purpose)
flour

SHEPHERD'S PIE

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This British classic is my other half's favourite and it's always popular for Sunday family dinner. Serve with a green salad with a squeeze of lemon juice.

- Boil the potatoes in a large pan of salted water, covered with a lid, for about 20 minutes, or until soft.
- For the lentil mince, fry the onions, carrots and mushrooms in a generous glug of olive oil until the onions have started to colour. Add some salt, the white pepper and the herbs.
- Add the tomato purée and fry, stirring, for another few minutes. Add 800ml/28fl oz/3⅓ cups water, the lentils, tamari and bouillon powder and stir well. Cover and leave to simmer until the lentils are almost cooked through.
- Sprinkle over the flour and whisk into the mince, preferably using a steel whisk to make sure you get rid of any lumps of flour. Add up to 200ml/7fl oz/generous ¾ cup water until you've reached a good consistency.
- Preheat the oven to 200°C/400°F/Gas 6.
- Drain the boiled potatoes and mash them using a potato masher. Stir in the spread and milk and mash together until smooth. Season to taste with salt and black pepper. Scoop the mince into a baking dish and top with the mash. Bake for 25 minutes, or until the mash is golden brown.