



VEGETARIAN SHEPHERD'S PIE

Ingredients

For 1 baking dish

650g vegetable broth
1 tsp yeast extract spread
70g dry lentils
30g pearl barley
1 large carrot
1/2 onion
60g walnuts
3 potatoes
1 tsp all-purpose flour
1/2 tsp water
Salt and pepper to taste

Steps

- 1.** Preheat oven to 175°C.
In a large saucepan over medium-low heat, combine 1/4 of the broth, yeast extract, lentils and barley. Simmer for 30 minutes.
- 2.** Meanwhile, in a medium saucepan combine remaining 3/4 of broth, carrot, onion and walnuts; cook until tender, about 15 minutes.
- 3.** Meanwhile, bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain and mash.
- 4.** Combine flour and water and stir into carrot mixture; simmer until thickened. Combine carrot mixture with lentil mixture and season with salt and pepper. Pour mixture into a 2 quart casserole dish. Spoon mashed potatoes over lentil mixture.
- 5.** Bake in preheated oven until lightly browned on top, about 30 minutes.