



Mexican Spiced Lentil Shepherd's Pie

with sweetcorn and creamy mash topping

Veggie 40-45 mins

14



Lentils



Chopped Tomato with Onion & Garlic



Worcester Sauce



Rocket



Balsamic Glaze



Potatoes



Tomato



Sweetcorn



Mexican Style Spice Mix



Onion

Pantry Items: Oil, Salt, Pepper, Sugar, Milk (Optional), Water, Butter (Optional)

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Colander, oven dish, potato masher

Ingredients

	2P	4P
Lentils	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Worcester Sauce	2 sachets	4 sachets
Rocket	40 g	80 g
Balsamic Glaze	1 sachet	2 sachets
Potatoes	3 units	6 units
Tomato	2 units	4 units
Sweetcorn	1 pack	2 packs
Mexican Style Spice Mix	2 sachets	4 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	933 g	100 g
Energy (kJ/kcal)	2949.7 kJ/ 705 kcal	316.2 kJ/ 75.6 kcal
Fat (g)	10.7 g	1.1 g
Sat. Fat (g)	2.1 g	0.2 g
Carbohydrate (g)	118.2 g	12.7 g
Sugars (g)	43.7 g	4.7 g
Protein (g)	28.2 g	3 g
Salt (g)	6.7 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Make the Mash

- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks (peeling optional). Boil until fork tender, 15-20 mins.
- Once cooked, drain and return to the pot off the heat.
- Add a knob of **butter** (if you like) and a little **water** or **milk**.
- Mash until smooth then season with **salt** and **pepper**.

TIP: If you're in a hurry you can boil the water in your kettle.



Assemble the Pie

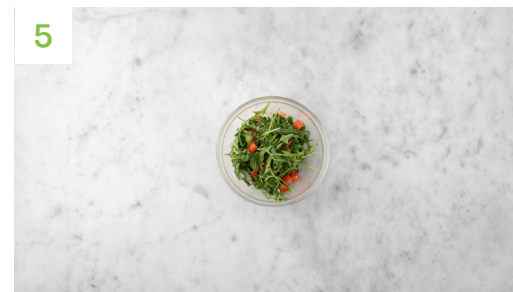
- Spoon the **lentils** into an oven dish (around 23cm x 15cm is ideal for 2p).
- Carefully layer the **potato** mash over the filling. Use the back of a spoon to smooth it out.
- When the oven is hot, pop onto the top shelf to bake until golden, 10-12 mins.

TIP: Leave to rest for 5 mins before serving.



Get Prepped

- Halve, peel and finely chop the **onion**.
- Drain and rinse the **lentils** and **sweetcorn**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- When hot, fry the **onion** for 2-3 mins, then stir in the **sweetcorn**.



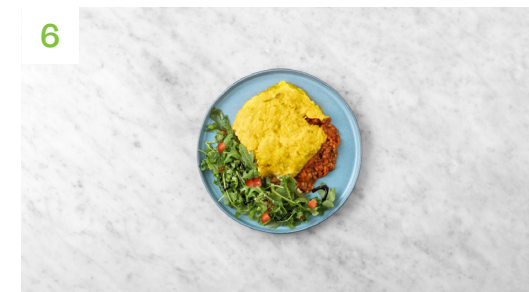
Make the Salad

- Meanwhile, cut the **tomatoes** into 2cm pieces.
- Toss the **salad leaves** and **tomato** with a drizzle of **oil**.
- Season to taste with **salt** and **pepper**.



Simmer the Lentils

- Add the **lentils**, **chopped tomatoes**, **Worcester sauce** and **Mexican spice** to the pan.
- Simmer until the sauce has thickened slightly, 5-7 mins.
- Season to taste with **salt**, **pepper** and **sugar**.



Finish and Serve

- Dish up a hearty helping of spiced **lentil** shepherd's pie.
- Serve the **tomato** salad alongside with a drizzle of **balsamic glaze**.

Enjoy!