

Recipe card

Shepherds pie

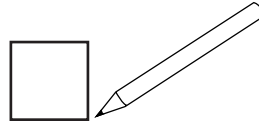


Shepherds pie for one person

Ingredients, things in this meal



100g lentils



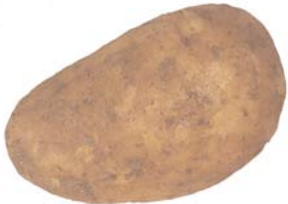
40g cheese



1 small courgette



1 small carrot



2 potatoes



1 bay leaf



4 mushrooms

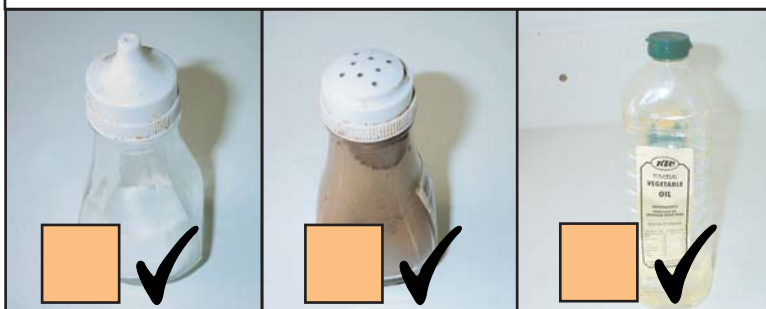


1 small onion



1 clove of garlic

you also need to get



salt



pepper



oil



1/2 stock cube

How to make your meal



Peel and crush the garlic.



Peel and chop the onion.
Chop the courgettes.



Chop the mushrooms.
Peel and chop the carrots.



Peel and chop the potatoes.



Grate the cheese.

How to make your meal



Heat some oil in a saucepan, add some pepper, garlic and the onion. Cook for 5 minutes stirring all the time.



Then add the chopped courgettes, mushrooms and carrots and fry for 5 minutes.



Put stock cube in 75ml of boiling water. Add this to the veg mixture.



Cook the lentils with the bay leaf. Remove bay leaf, add the cooked lentils to the veg mixture and stir.



Put the potatoes in a pan and cover with water, bring to the boil and cook until soft.



Mash the cooked potatoes with half of the cheese.



Put the veg mixture in the bowl, add the mash on top, sprinkle on cheese and grill until the cheese is melted.