



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Vegan Shepherd's Pie

This Vegan Shepherd's Pie by Delish is a delectable dish for the holiday season. A meatless, dairy-free take on a traditional favorite, it's packed with veggies and high on protein, thanks to lentils.



INGREDIENTS

FOR THE FILLING

- 4 tbsp. vegetable oil
- 450g shiitake mushrooms, torn into large pieces
- 1 diced large onion
- 2 finely diced celery stalks
- 2 parsnips, diced into 1.5cm pieces
- 1 small butternut squash, peeled and chopped into 2.5cm pieces
- 6 cloves of crushed garlic
- 1 tbsp. double concentrated tomato paste
- 1 tbsp. white miso paste
- 120 ml red wine
- 200g rinsed dry green lentils
- 2 tbsp. flour
- 1 cup of vegetable stock
- Salt
- Freshly ground black pepper

FOR THE MASHED POTATOES

- 1 kg. peeled and halved gold creamer potatoes
- Salt
- 60 ml extra-virgin olive oil
- 3 cloves of crushed garlic
- 2 sprigs fresh thyme, plus more for garnish
- 6 tbsp. vegan butter
- 5 g roughly chopped parsley
- Freshly ground black pepper

INSTRUCTIONS

MAKE THE FILLING

1. In a large heavy bottomed pot over medium-high heat, heat 2 tablespoon oil. Add mushrooms and sear until deeply brown, remove from pan. Lower heat to medium and add remaining oil. Add onion, celery, parsnips, and butternut squash, cook until starting to become well browned, about 12 minutes.
2. Stir in tomato paste and garlic and cook, stirring often, about every 2 minutes. Stir in miso paste, immediately deglaze with wine, and cook 1 minute more. Add the mushrooms back in and stir in the lentils. Sprinkle everything with flour and stir until well incorporated.
3. Cook 1 more minute and then add vegetable stock. Season with salt and pepper. Bring to a simmer and cook until the lentils are al dente, about 15 minutes.

FOR THE MASHED POTATOES AND ASSEMBLY

1. Preheat oven to 220°C (200°C fan). In a large pot, cover potatoes with water and season with salt. Bring to a boil and cook until totally soft, 15 to 18 minutes. Drain and return to pot. Use a potato masher to mash potatoes until smooth.
2. Meanwhile, in a small saucepan over medium heat, heat oil and thyme. Add garlic and cook until fragrant, 1 minute. Discard thyme and pour oil over potatoes. Add butter and stir until completely combined and creamy. Season with salt and pepper.
3. Spread evenly over the vegetable filling and bake until there is very little liquid visible and mashed potatoes are golden, about 35 minutes. Grill if desired and garnish with parsley and thyme before serving.

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