

Vegetarian Shepherd's Pie (Lentil & Mushroom)

Serves: 4–6

Dish Size

23 × 33 cm casserole or 25 cm deep-sided oven-safe skillet (≈ 2.5–3 L).



FOR THE TOPPING

- 900 g potatoes, peeled and quartered
- 1½ tsp / 9 g kosher salt (for boiling water)
- 84 g unsalted butter
- 120 ml whole milk
- 240 g Greek yogurt, plain, nonfat
- 50 g finely grated Parmesan
- Black pepper, to taste

FOR THE FILLING – LENTILS

- 225 g brown lentils, rinsed
- 540 ml vegetable stock, ½-strength
- 1 tsp / 6 g salt (or salt + MSG blend)
- 4 sprigs fresh thyme (or 1 tsp dried thyme)

FOR THE FILLING – UMAMI VEGETABLE BASE

- 380 g mixed mushrooms (at least half shiitake), sliced
- 56 g unsalted butter
- 180 g leek (white part only), thinly sliced
- 160 g carrots, small dice
- 2 cloves / 6 g garlic, minced
- Black pepper, to taste

UMAMI BOOSTERS

- 2 T / 30 g tomato paste
- 1½ tsp miso (white or red)
- 2 tsp / 10 ml low-sodium soy sauce
- ½ tsp smoked paprika
- ¼ tsp finely ground coffee or cocoa powder (optional)

THICKENER & FINISH

- 2 T / 16 g flour
- 280 ml vegetable stock, ½-strength
- 150 g frozen peas, thawed
- 30–40 g walnuts, finely chopped
- 1–2 tsp / 5–10 ml lemon juice, to taste
- 1 tsp butter or olive oil (optional finishing fat)

INSTRUCTIONS

Lentils

1. Add **lentils**, **thyme**, **salt**, and **540 ml stock** to a saucepan.
2. Bring to a simmer, partially cover, and **cook 25–30 minutes** until tender and most liquid is absorbed.
3. Remove thyme stems and set lentils aside.

Potatoes

4. Bring a large pot of **water** to a boil with 1½ tsp **salt**.
5. Add **potatoes** and **cook 15–20 minutes**, until very tender.
6. Drain well and return to the hot pot.
7. Add **butter** and **milk**; mash until smooth.
8. Stir in **Greek yogurt** and half the **Parmesan**.
9. Season with **black pepper**. Cover and keep warm.

Filling

10. Preheat oven to **190°C**.
11. Melt **butter** in a large oven-safe skillet over **medium-high heat**.
12. Add **mushrooms** and **cook 10–12 minutes**, until deeply browned and moisture has evaporated.
13. **Reduce heat to medium**; add **leeks**, **carrots**, and **garlic**. **Cook 10 minutes** until soft.
14. Stir in **tomato paste** and **cook 3 minutes** until darkened.
15. Add **miso**, **soy sauce**, **paprika**, and **coffee or cocoa** (if using). Stir well.
16. Sprinkle **flour** over vegetables, stir, and **cook 1 minute**.
17. Add remaining **280 ml stock**, cooked **lentils**, **peas**, and **walnuts**.
18. **Simmer 3–4 minutes** until thick, cohesive, and stew-like.
19. Remove from heat and stir in **lemon juice** and **1 tsp butter** or **olive oil**.

Assemble & Bake

20. Transfer **filling** to casserole dish if needed and level evenly.
21. Spoon **mashed potatoes** over filling and spread gently.
22. Sprinkle with remaining **Parmesan**.
23. **Bake 30–35 minutes**, until bubbling and lightly browned.
24. **Rest 15 minutes** before serving.

Nutrition (per serving, approx., based on 5 servings)

Kcal: ~560 | Protein: ~26 g | Fat: ~30 g | Sat. Fat: ~13 g | Carbs: ~50 g | Sugars: ~8 g | Fiber: ~11 g | Sodium: ~760 mg | Omega-3: negligible