



## RUSTIC VEGETARIAN COTTAGE PIE (WITH TVP)

This weeks Recipe of the Week is a wholesome and hearty Rustic Cottage Pie made using TVP mince. Featuring cajun spiced roasted potatoes, this is a great one to make before the weather starts warming again.

### **Ingredients:**

*Olive oil*

500g *baby potatoes*

2 teaspoons *cajun spice*

2 *garlic cloves*, minced

1 medium *red onion*, finely chopped

2 *celery sticks*, finely chopped

1 *medium carrot*, finely chopped

500g *TVP mince* soaked for 1 hour in water, then drained

3/4 cup *green peas*

1/2 cup *tomato paste*

1/4 cup 100% *corn flour*

2 cups *vegetable stock*

2 tablespoons *Worcestershire sauce*

1 teaspoon *dried thyme*

2 dried *bay leaves*

1/2 teaspoon *salt*

1/2 teaspoon *black pepper*

**Method:**

Preheat your oven to 180°C.

Wash and cut the baby potatoes in half (for best results steam them first for about 10-12 minutes) and spread them out on a large baking tray.

Drizzle with olive oil and sprinkle with cajun spice, toss a little and then bake for 30 minutes, or until golden brown.

Heat 1 tablespoon of olive oil in a large frypan on medium heat. Add the onion and garlic and cook for 2 minutes, then add the carrots, celery and peas and cook for a further 4 minutes until softened.

Turn up the heat and add prepared TVP, heat through for another 4 minutes. Add the flour and mix through.

Add the tomato paste, stock, Worcestershire sauce, thyme, bay leaves, salt and pepper.

Bring to the boil then turn the heat back to medium and simmer for about 30 minutes to reduce the pie mixture down to a thickened consistency. Season more here to taste if necessary.

When ready, transfer to a square pie dish.

Lightly smash the baked potatoes with a fork and place on top of the pie mixture until the top is covered with the potatoes.

Bake for 20 minutes in the oven on 180°C. Enjoy on its own for with a side of broccolini or salad.

**Gluten Free | Dairy Free | Vegan**