



## CHEESY VEGAN SHEPHERD'S PIE

*Prep. time 10 minutes | Cooking 70-75 minutes | Serves 6*

A feast of a comforting pie for winter nights – and no shepherds were harmed in the making of this recipe!

### Ingredients

1 tablespoon olive oil  
1 onion, chopped  
2 cloves garlic, crushed  
2 teaspoons paprika  
1 teaspoon smoked paprika  
1 tablespoon soy sauce or coconut aminos  
2 teaspoons mixed herbs  
Salt and pepper  
3 sticks celery, chopped  
100g mushrooms, sliced  
2 peppers, sliced  
3 carrots, sliced  
200g textured vegetable protein (TVP)  
100ml vegetable stock  
1 x carton passata or 1 x tin chopped tomatoes  
3 tablespoons tomato puree  
2 large handfuls of spinach

### For the mash

6 large potatoes, peeled and chopped  
3 sweet potatoes, peeled and chopped  
4 tablespoons soya or almond milk (unsweetened)  
Salt & black pepper  
A drizzle of olive oil  
75g Bute Island Red Leicester Style Sheese, grated  
Chilli salt, to garnish



### Cooking Method

Heat the oil in a large pan then add the onion and garlic and cook for 10 minutes.

Add the spices, herbs, seasoning and other vegetables and stir well to coat everything. Cook for a further 5 minutes.

Stir in the TVP then pour in the stock, passata/chopped tomatoes and puree, bring to the boil and simmer for 20-25 minutes.

Meanwhile cook the potatoes in a pan of simmering water for about 15 minutes until softened.

Drain then mash with the milk, salt and black pepper and olive oil until smooth.

Preheat the oven to 190 degrees C.

Once the TVP mixture is nicely cooked and the sauce has thickened slightly, stir in the spinach and allow to wilt. Spoon into a large ovenproof dish.

Spoon the mash over then sprinkle over the Sheese. Bake for 10-15 minutes until bubbling and the Sheese has melted. Garnish with a little chilli salt, dish out, serve and enjoy hot!