

Vegetarian Shepherd's Pie



Recette notée ★★★★★ 4.6/5 - proposée par Anonyme



Main course Vegetarian Vegetarian

People

4

Easy

Cheap

Ingredients

- 4 potatoes
- 1 medium leek
- 1 turnip
- 3 carrots
- 2 stalks of celery
- 2 mushrooms of Paris
- 2 onions
- 1 clove of garlic
- 1 teaspoon of soy sauce
- 1 handful of parsley
- 1 slice of bread
- 2 tablespoons of olive oil

Preparation

TOTAL TIME: 1H15



25 min

Cooking time: 50 min

- 1 In a food processor, mix the roughly peeled and roughly chopped vegetables into a medium hash: turnip, carrots , celery, mushrooms, onions, garlic.
- 2 Preheat the oven to 220 ° C.
- 3 Peel the potatoes, and cut into pieces and cook in the water for 20 minutes. Steam over the potatoes with the sliced leek .
- 4 Meanwhile, in a Dutch oven, heat the olive oil over high heat and fry the vegetable mince for 15 minutes, stirring often. Vegetables will cook in their juice and steam. Salt and pepper well.
- 5 In the same tank of the robot, mix together the slice of bread and parsley.
- 6 Turn off the heat under the vegetables when they are cooked but still a little firm, then add the soy sauce, parsley-bread mixture, and adjust the seasoning.
- 7 Mount the shepherd's pie in a greased, with on top of the chopped potatoes in puree thick mixed with leek.
- 8 Cook for 35 minutes at 220 ° C.
- 9 Serve with a green salad.

+ Author's note

For an even tasty recipe, add in the stuffing 2 teaspoons Parmesan cheese.

🔗 I add my grain of salt

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