Lentil and Mushroom Shepherd's Pie (Vegan)

INGREDIENTS

- 8 large or 10 medium potatoes (or substitute with sweet potato and butternut)
- 2 tablespoons Chef Professional olive oil
- 1/2 cup Liberty Select coconut milk
- Salt to taste
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 250g mushrooms, sliced
- Two cans Liberty Select lentils, lightly drained
- 2 tablespoons dry red wine, optional
- 1 to 2 tablespoon reduced-sodium soy sauce
- 2 to 3 teaspoons cajun spices
- 1/2 teaspoon dried thyme
- 3 tablespoons cornstarch
- Baby spinach
- Freshly ground pepper to taste
- 1 cup Liberty Select bread crumbs

PREPARATION

- Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and simmer until tender, about 20 minutes. Drain and transfer to a small mixing bowl.
- Stir in the coconut milk and mash until fluffy. Season with salt, cover and set aside.
- Preheat the oven to 200ºC.
- While the potatoes are cooking, heat the oil in a medium pan. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onions are golden brown.
- Add the lentils and their liquid and bring to a gentle simmer. Stir in the wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes. Combine the cornstarch with just enough water to dissolve in a small container. Stir into the lentil mixture.
- Add the spinach, a little at a time, cooking just until it's all wilted down. Remove from the heat; taste and adjust seasoning to your liking.
- Lightly oil casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs evenly over the bottom. Pour in the lentil mixture, then spread the potatoes evenly over the top. If using two pie plates, divide each mixture evenly between them.
- Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty. Let stand for 5 to 10 minutes, then cut into wedges to serve.