

Rescue Recipe

This recipe is great for using up leftover vegetables.



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Roast Vegetable Shepherd's pie

Introduction

This recipe is great for using up any leftover vegetables, and is a delicious meal to have when it's cold outside. It is suitable for vegetarians and vegans, and is also gluten free. Serves 4 to 6.

Ingredients

1 medium parsnip
2 carrots
1 medium fennel
1 medium beetroot
1 small squash
1 red onion
Or any other leftover roast veg
Oil for roasting
1 tsp Sage
1 kilo potatoes for topping
Soya marg & soya milk

For the gravy:

1 red onion
2 heaped tbsp gluten free or corn flour
1 heaped tbsp bouillon stock in 700 ml water
1 dessert spoon tomato puree
1 tbsp tamari
Half tsp sage
2 bay leaves
Pepper to taste

Method

1. Preheat oven to 200°C.
2. Scrub potatoes. Chop and bring to boil with a pinch of salt.
3. Scrub & cube / slice all vegetables and place into roasting tin.
4. Sprinkle with sage and coat with sunflower oil. Place into preheated oven.
5. Peel the squash, remove seeds and cube. Then mix with the other veg and roast for approx. 30 mins.
6. Whilst veg are roasting, make the gravy. Peel and slice the onion and fry gently.
7. Add cornflour and mix well. Mix in the stock, stirring continuously. Bring to the boil, and continue to stir until gravy is thickened.
8. Add the sage, bay leaves, tamari, tomato puree and black pepper to taste.
9. Drain the cooked potatoes. Add marg, a dash of soya milk, season and mash.
10. When veg are cooked, pour the gravy over them. Place mashed potato on top and neatly fork the top. Return to the oven for 20-30 mins until golden brown.
11. Serve with a green veg or salad garnish if desired.

Recipe by: The Greenhouse - www.greenhousetrust.co.uk

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