

Vegan Shepherd's Pie



This vegan version of an old favourite is **every bit as tasty as using meat and will save you money into the bargain!** It's important you **use smoked tofu** otherwise there will be a lack of flavour.

Ingredients

200g of smoked tofu, at least 600g of baking potatoes, ½ tbs mint sauce, 1 tbs tomato ketchup 1 onion, oil, soya or other non-dairy milk to make the mashed potato, 1 cube/tablet of vegetable stock (or make your own) to mix with xx ml of water.

Preparation

1. Peel the potatoes, halve and then roughly chop them up to quicken the cooking time.
2. Put water into a good sized saucepan for cooking the potatoes.
3. Mince the tofu in a food processor.
4. Dice the onion.
5. Make the vegetable stock.
6. Heat the water in the saucepan for the potatoes.
7. Meanwhile, sweat the tofu mince and onion then add the ketchup, stock and mint sauce and simmer for 20 minutes or so until enough liquid has evaporated.
8. When the potatoes are cooked, drain and mash, adding the milk. **Tip** warming the milk (but not boiling) before the mash up will make the mashed potatoes creamier.
9. Make the shepherd's pie up in an ovenproof dish and cook, as you would a lamb version cook in an oven at, say 200° C, until the potato browns.

Serve with a vegetable of your choice, we prefer peas and mince sauce. Freezes well.

Option if you like, you could incorporate a few diced up bits of carrot in the, tofu and stock mix.

Serves 4.