**Vegtarian Cottage Pie by Kate Harrison**

**Contains per serving** Vitamin K (mcg)            **206.27** Protein (g)                 **10.85**

Calories (kcal)           **285.70** Fat (g)                          **9.64**

**To make you will need 1 cal cooking Spray**

1 medium onion, peeled and finely chopped

2 medium carrots, peeled and finely chopped

2 sticks celery, finely chopped

Salt and pepper

2 cloves garlic, finely chopped

200g chestnut mushrooms, sliced

3 sprigs fresh thyme, leaves picked

2 fresh bay leaves

300g tinned or pre-cooked green or Puy lentils

200ml vegetable stock

200g baby spinach leaves, chopped

2 tsp mushroom ketchup

FOR THE TOPPING

650g floury potatoes, peeled, chopped into even sized pieces

2 tbsp half fat crème fraiche

1 tbsp Dijon mustard

2 tbsp semi-skimmed milk

1 medium leek, finely sliced

**Method from Kate Harrison:**

● Spray a large nonstick saucepan with 1-cal cooking spray. Add the onion, carrots and celery, season with salt and pepper and fry over a medium heat for 5 minutes. Add a splash of water to help them steam.
● Stir in the garlic and mushrooms, turn up the heat and cook for about 4 minutes.
● Add the thyme, bay leaves, lentils and stock and simmer for 3-4 minutes. Stir in the spinach and mushroom ketchup and leave for 2 minutes, until wilted.
● While the lentils are cooking, tip the potatoes for the topping into a pan of salted water and boil
for about 15 minutes until tender. Drain well, then mash with the crème fraiche, mustard and milk,
and season well.
● Steam the leek over a pan of boiling water for 3-4 minutes until tender and then stir into the mash.
● Preheat the oven to 200C/400F/gas mark 6. To assemble the pie, spoon the lentil mixture into
a 1-litre ovenproof dish and top with the mash. Bake for 30 minutes, until piping hot throughout
and the topping is golden brown.

**Vitamin K reductions:**

* This is a high Vitamin K food, I use this to reduce my INR sometimes. You need to remember that it’s not only high in vitamin K but also protein from the lentils.
* However if you do not want to have a high vitamin K meal, why not remove the spinach. It will give you per serving, Vitamin K = 9.27mcg, Protein = 10.76g, Fat = 9.24g and Calories = 273.7g

**Web address for Kate’s recipe:** [**https://www.dailymail.co.uk/home/you/article-2481611/Get-shape-Christmas-The-best-vegetarian-cottage-pie.html**](https://www.dailymail.co.uk/home/you/article-2481611/Get-shape-Christmas-The-best-vegetarian-cottage-pie.html)

**Or see it in her book:** *The Ultimate 5:2 Recipe Book by Kate Harrison*