MONDAY VEGETARIAN AND SIDE

Vegetarian option and side

Lentil and Root Veg Cottage Pie with Sunshine Peas and Broccoli

A vegetarian option and a side to serve with the Monday main.

VEG OPTION
Prep 30 minutes, cook 45 minutes plus baking

SIDE
Prep 15 minutes, cook 10 minutes

Ingredients and shop codes

Vegetarian option, 20 portions

60 ml Rapeseed oil
203699 Country Range Rapeseed Oil (4x5L)

600 g Onions, diced
810596 Fresh White Onions (1x1kg) or 101991 Greens Diced Onions, frozen (4x2.5kg)

800 g Carrots, grated
810548 Fresh Carrots (1x1kg)

600 g Brown or green lentils, dried, rinsed

60 g Plain flour
203838 Country Range Plain Flour (6x1.5kg)

80 g Tomato purée
203005 Tomato Puree (24x130g)

1 kg Chopped tomatoes (tinned)
203692 Country Range Chopped Tomatoes (6x2.5kg)

1.6 litres Vegetable stock, low salt, celery-free
200326 Maggi Vegetable Bouillon, Gluten Free (2x2kg)

4 g Dried mixed herbs
203649 Country Range Dried Mixed Herbs (4x190g)

Side, serves 100

5 kg Frozen peas
150189 Catering Essentials Frozen Peas (4x2.5kg)

6 kg Broccoli florets, small
810545 Fresh Broccoli (1x1kg)

Shop notes

- **Plain flour:** Gluten-free option: 200127 Doves GF Plain White Flour.
- **Vegetable stock:** Check the label for celery and salt level.

Method

Vegetarian option: Lentil and Root Veg Cottage Pie

1. Soften the onions and carrots in the oil for 10 minutes. Stir in the flour and purée.
2. Add the tomatoes, lentils and stock, bring to the boil, then simmer for 35 to 40 minutes until the lentils are tender and the sauce is thick.
3. Use a separate, clearly labelled tray and utensils, top with the same mash (use vegetarian cheddar), and bake at 180°C for 25 to 30 minutes. Core temperature 75°C or above.

Side: Sunshine Peas and Broccoli

1. Steam the broccoli for 4 to 5 minutes until just tender and still bright green.
2. Add the peas for the final 2 to 3 minutes. Do not boil in lots of water, which loses colour and vitamins.
3. Serve immediately, or **hold at 63°C or above for no more than 30 minutes** (veg loses colour and nutrients the longer it sits).

Chef's tips

- **Swap:** cornflour in place of flour for GF, and dairy-free mash for DF.
- Cut florets small for little ones and call them "trees". Offer a spoonful as a first serving so children can ask for more. Stalks can be peeled, sliced and added to soup or the next day's sauce to reduce waste.

Nutrition note (side)

about 1 portion of vegetables per serving.

Allergens

Vegetarian option: Contains: Cereals containing gluten, Milk. **Check the label (varies by brand):** Celery, Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu). **Side: Contains:** none of the 14 major allergens as written. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.