



INGREDIENTS

- 1 Brown Onion – diced
- 350g Vegan Mince
- 150g Mushrooms (we used Oyster Mushrooms)
- 200g Dark Speckled Lentils (tinned) – drained and rinsed
- ¼ tsp - Ground Cinnamon
- 1 tsp – Ground Coriander
- 1 tsp – Ground Black Pepper
- 1 tsp - Ground Allspice
- ½ tsp - Ground Nutmeg
- ½ tsp – Chopped Fresh Thyme
- 1 cup – Vegetable Stock
- 1 tsp – Vitam-R Yeast Extract
- 100g - Pinhead Oats (it's important they're pinhead/steelcut!)
- ½ Tbsp Vegan Block Butter – for frying

Oven preheated to 180C

METHOD

Heat the butter in a pan over a medium-high heat and fry the onion until soft and golden. Add the spices and fresh thyme to the onion and stir for a further minute or so.

Add the vegan mince and mushrooms and cook until they start to brown. Reduce to a medium heat and stir in the lentils. Cook for around another minute or so. Pour in the vegetable stock and Yeast Extract and cover the pan. Allow to simmer for 20 mins.

Add the pinhead oats and mix these in well. Transfer to an ovenproof dish, cover, and place in the oven at 180c for 30 mins.

Remove from the oven and serve with neeps 'n' tatties (mashed potatoes and mashed swede) and a whisky sauce.