Recipe

reggie's pie

for a family of 4



Tuck into our delicious reggie's pie. It's a hearty, plant-based dish packed with familiar flavours and plenty of goodness for growing children. We recommend serving with peas and a slice of bread and butter to create a balanced, filling meal that covers all food groups and keeps little tummies satisfied.

Ingredients

A glug of oil

1 white onion - chopped

1 punnet of mushrooms - chopped

2 cloves of garlic - chopped

250g of potatoes - peeled & chopped into cubes

250g of swede - peeled & chopped into cubes

2 sprigs of thyme - chopped

2 sprigs of rosemary - chopped

1tbsp of tomato paste

375ml of water

75g of dark dried lentils

small handful of dried porcini - chopped

2-3 tbsp of nutritional yeast

A pinch of black pepper

1 sheet of rolled puff pastry

Method

Heat oil in a wide, deep pan over medium heat and cook the onions until soft

Add the mushrooms and carrots and cook until tender and lightly golden

Stir in the garlic, potatoes, swede, thyme and rosemary, then mix through the tomato paste

Add the water, passata, lentils, porcini, nutritional yeast and ground black pepper

Bring to the boil, then simmer gently for at least 1 hour

Preheat oven to 185°C

Once your stew base is reduced and the potatoes and lentils are soft, spoon stew base into an oven proof dish.

Top with sheet of puff pastry and bake for 40 minutes until golden and puffed up. (You could even glaze with milk for an even more golden top!)

Enjoy with bread and peas!

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 23/03/2026.
As we are continuously improving our recipes, it is essential to check the label on the dish packaging.