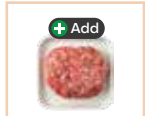




Mushroom and Plant-Based Cheese Cottage Pie with Green Peas

Veggie 40 Minutes



Ground Beef
250 g | 500 g

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



- Russet Potato
2 | 4
- Plant-Based Mozzarella Cheese, shredded
¼ cup | 1 ½ cups
- Mushrooms
227 g | 454 g
- Green Peas
113 g | 227 g
- Mirepoix
113 g | 227 g
- Bulgur Wheat
½ cup | 1 cup
- Tomato Sauce Base
2 tbsp | 4 tbsp
- Gravy Spice Blend
2 tbsp | 4 tbsp
- Vegetable Stock Powder
1 tbsp | 2 tbsp
- Zesty Garlic Blend
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook bulgur

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Add $\frac{3}{4}$ cup (1 cup) **water** and $\frac{1}{2}$ tsp (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur** until **water** returns to a boil. Cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.
- Fluff **bulgur** with a fork.

2



Cook potatoes

- Meanwhile, peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until **potatoes** are fork-tender, 10-12 min.

3



Prep and cook veggies

- + Add | **Ground Beef**
- Meanwhile, heat a large oven-proof pan over medium-high heat.
- While the pan heats, thinly slice **mushrooms**.
- When the pan is hot, add **2 tbsp** (4 tbsp) **plant-based butter** or **oil**, then add **mushrooms**.
- Cook, stirring often, until beginning to brown, 3-4 min.
- Add **mirepoix**, **thyme** and **Zesty Garlic Blend**. Cook, stirring often, until **veggies** soften, 3-5 min. Season with **salt** and **pepper**.

4



Finish mushroom filling

- Add **tomato sauce base** and **Gravy Spice Blend**. Cook, stirring often, until **veggies** are coated, 1 min.
 - Add **peas**, **cooked bulgur**, **stock powder** and $\frac{3}{4}$ cup (1 $\frac{1}{4}$ cups) **water**.
 - Bring to a boil over high, then reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly and **veggies** are tender, 3-4 min.
 - Season with **salt** and **pepper**, to taste.
- (NOTE: If you don't have an oven-proof pan, transfer filling to a 8x8-inch baking dish for 2 ppl or a 9x13-inch dish for 4 ppl.)

5



Mash potatoes

- When **potatoes** are fork-tender, drain and return to the same pot, off heat.
- Mash **plant-based cheese**, **2 tbsp** (4 tbsp) **plant-based butter** and $\frac{1}{4}$ cup ($\frac{1}{2}$ cup) **plant-based milk** into **potatoes** until creamy.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- When **filling** is done, top with **mash**, spreading into an even layer. (TIP: Use a fork to create a design on top of mash. This adds texture and helps the potatoes brown in the oven.)
- Broil in the **middle** of the oven until **mash** begins to brown, 4-5 min.
- Remove **cottage pie** from the oven and let stand 5 min.
- Divide between plates.

3 | Prep and cook veggies and beef

+ Add | **Ground Beef**

If you've opted to add **beef**, add **beef** along with **mirepoix**, **thyme** and **zesty garlic blend**. Season with **salt** and **pepper**. Cook, breaking up **beef** and stirring often until **veggies** have softened and **beef** is cooked through, 4-6 min.** Follow the rest of the recipe as written.