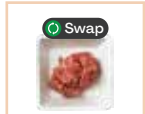




Carb Smart Beef and Root Veg Mash Bowl with Peas and Gravy

Smart Meal 25 Minutes



Ground Turkey
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)



Ground Beef
250 g | 500 g



Mirepoix
113 g | 227 g



Green Peas
56 g | 113 g



Beef Broth Concentrate
2 | 4



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Sweet Potato
1 | 2



Butternut Squash, cubes
340 g | 680 g



Garlic, cloves
2 | 4



Soy Sauce
½ tbsp | 1 tbsp



Parsley
7 g | 14 g

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.*

Ingredient quantities 56 g | 113 g
2-serving 4-serving

Pantry items | Butter, salt, pepper

Cooking utensils | Large oven-proof pan, large pot, measuring cups, measuring spoons, potato masher, strainer, vegetable peeler

1



Boil root veggies

- Before starting, wash and dry all produce.

- Peel, then cut **sweet potato** into 1-inch pieces.
- To a large pot, add **squash, sweet potato, 1 tsp salt** and **enough water** to cover (by approx. 1-2 inches). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered for 9-11 min, until **veggies** are fork-tender.

2



Cook veggies

Swap | **Ground Turkey**

- Meanwhile, heat a large oven-proof pan over medium.
- When hot, add **beef** and **soy sauce** to dry pan. Cook for 4-5 min, breaking up **beef** into smaller pieces, until no pink remains. ** Season with **salt** and **pepper**.
- Using a strainer, strain excess fat from **beef**. Set aside.

3



Cook veggies

- Add **1 tbsp** (2 tbsp) **butter** to the same pan, then swirl to melt.
- Add **mirepoix** and **peas**. Cook for 3-4 min, stirring occasionally, until tender. Season with **salt** and **pepper**.
- Meanwhile, peel, then mince or grate **garlic**.

4



Make gravy

Swap | **Ground Turkey**

- Return **beef** to the pan with **veggies**. Add **Cream Sauce Spice Blend** and **garlic**. Cook for 30 sec, stirring often, until fragrant,.
- Add **stock concentrate** and $\frac{3}{4}$ cup (1 $\frac{1}{2}$ cups) **water**. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook for 2-4 min, stirring occasionally, until thickened slightly.

5



Mash veg and broil

- Once tender, drain and return **veggies** to the same pot, off heat. Mash **1 tbsp** (2 tbsp) **butter** until smooth. Season with **salt** and **pepper**, to taste.
- Roughly chop **parsley**.

6



Finish and serve

- Divide **root veg mash** between bowls.
- Top with **beef mixture**.
- Sprinkle over **parsley**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook turkey

Swap | **Ground Turkey**

If you've opted to get **turkey**, prep and cook in the same way the recipe instructs you to prep and cook the **beef**. ** Disregard instructions to drain discard excess fat.

4 | Make gravy

Swap | **Ground Turkey**

Return **turkey** to the pan with **veggies**.

** Cook to a minimum internal temperature of 165°F.