

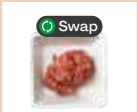


Carb Smart Cottage Pie

with Cauliflower-Potato Mash

Smart Meal

30 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](http://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Beef Stock Powder
1 tbsp | 2 tbsp



Russet Potato
1 | 2



Cauliflower
285 g | 570 g



Green Peas
56 g | 113 g



Carrot
1 | 2



Garlic, cloves
1 | 2



Sour Cream
1 | 2



Yellow Onion
½ | 1

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.

Pantry items | Pepper, unsalted butter, oil, salt

Cooking utensils | 8x8" baking dish, box grater, colander, large non-stick pan, large pot, measuring cups, measuring spoons, potato masher, vegetable peeler

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Add **10 ½ cups water** and **1 tbsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Peel, then cut **potato** into 1-inch pieces.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Peel, then grate **carrot**.
- Peel, then mince or grate **garlic**.

4



Broil cottage pie

- Transfer **beef filling** to an 8x8-inch baking dish (9x13-inch for 4 ppl).
- Spread **cauliflower-potato mash** on top in an even layer.
- Broil in the **middle** of the oven until **mash** is golden-brown, 5-6 min.

2



Cook filling

🔄 Swap | **Ground Turkey**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **garlic, onions, carrots, peas** and **beef**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Stir in **stock powder**, **¼ tsp** (½ tsp) **salt** and **¼ cup** (½ cup) **water**. Season with **pepper**. Bring to a simmer.
- Once simmering, reduce heat to medium. Cook, stirring often, until **filling** thickens slightly, 3-5 min.

3



Make cauliflower-potato mash

- Meanwhile, add **cauliflower** and **potatoes** to the **boiling water**. Cook, stirring occasionally, until tender, 9-10 min.
- Drain and return to the same pot, off heat.
- Roughly mash **sour cream** and **2 tbsp** (4 tbsp) **butter** into **cauliflower** and **potatoes** until slightly creamy.
- Season with **salt** and **pepper**.

5



Finish and serve

- Let **cottage pie** stand for 5 min before serving.
- Divide between plates.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person 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 filling

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook **turkey** in the same way the recipe instructs you to cook **beef****.

** Cook to a minimum internal temperature of 74°C/165°F.