



Bison Shepherd's Pie

with Balsamic-Dressed Grape Salad

Discovery 40 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



-  Lean Ground Bison
-  Ground Beef
-  Russet Potato
-  Mirepoix
-  Arugula and Spinach Mix
-  Tomato Sauce Base
-  Beef Stock Powder
-  Green Peas
-  All-Purpose Flour
-  Balsamic Vinegar
-  Red Grapes
-  Thyme
-  Seed Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO BISON

Though similar in taste, this flavourful cut of meat is leaner than beef!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

Bust out

Medium bowl, vegetable peeler, colander, measuring spoons, potato masher, large bowl, measuring cups, whisk, large pot, large non-stick pan, 8x8-inch baking dish

Ingredients

	2 Person	4 Person
Lean Ground Bison	250 g	500 g
Ground Beef	250 g	500 g
Russet Potato	3	6
Mirepoix	113 g	227 g
Arugula and Spinach Mix	56 g	113 g
Tomato Sauce Base	2 tbsp	4 tbsp
Beef Stock Powder	1 tbsp	2 tbsp
Green Peas	56 g	113 g
All-Purpose Flour	1 tbsp	2 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Red Grapes	85 g	170 g
Thyme	7 g	7 g
Seed Blend	28 g	28 g
Sugar*	¾ tsp	¾ tsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.



Issue with your meal?
Scan the QR code to
share your feedback.

1



Prep and cook potatoes

- Strip **2 tsp** (4 tsp) **thyme leaves** from stems, then finely chop.
- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 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 fork-tender, 10-12 min.

4



Assemble pie

- Transfer **bison filling** to an 8x8-inch baking dish (same for 4 ppl).
- Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter** into **potatoes** until creamy. Season with **salt** and **pepper**.
- Top **filling** with **mashed potatoes**.
- Smooth **mashed potatoes** over top, covering **filling**.

2



Start filling

- Heat a large non-stick pan over medium-high heat.
- Add **1 tbsp** (2 tbsp) **butter**, then **mirepoix**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until **veggies** soften slightly, 2-3 min.
- Add **half the thyme**. Cook, stirring often, until fragrant, 30 sec.

5



Bake pie and make vinaigrette

- Place baking dish on a baking sheet.
- Bake in the **middle** of the oven, rotating the dish halfway through, until **potatoes** are golden-brown, 8-10 min.
- Meanwhile, halve **grapes**.
- Add **remaining vinegar**, **½ tsp** (¼ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.

3



Finish filling

- Add **bison** to the pan with **veggies**.
- Cook, breaking up **bison** into smaller pieces, until no pink remains, 4-5 min. ** Season with **pepper**.
- Add **tomato sauce base**, **stock powder**, **flour**, **1 tsp** (2 tsp) **vinegar** and **¼ tsp** (½ tsp) **sugar**. Cook, stirring constantly, until combined, 1 min.
- Stir in **peas** and **¾ cup** (1 ½ cups) **water**. Bring to a simmer.
- Once simmering, cook, stirring often, until **sauce** thickens slightly, 1-2 min. Season with **salt** and **pepper**, to taste.

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

6



Finish and serve

- Allow **pie** to cool for 3-5 min before serving.
- Meanwhile, add **grapes** and **arugula and spinach mix** to the bowl with **vinaigrette**, then toss to combine.
- Sprinkle **seed blend** over **salad**.
- Divide **pie** between plates.
- Serve **salad** alongside.

Dinner Solved!