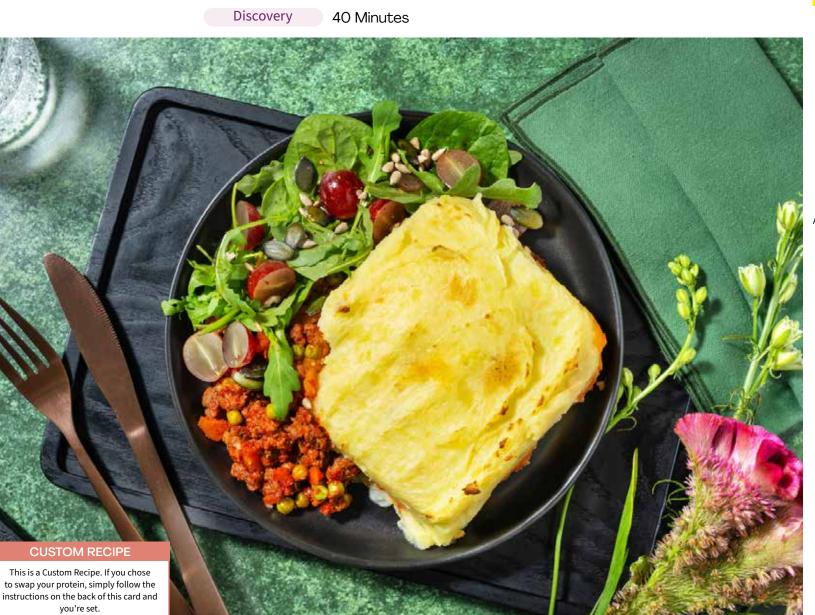


Happy cooking!

Bison Shepherd's Pie

with Balsamic-Dressed Grape Salad









Lean Ground Bison





Mirepoix

Tomato Sauce Base

Green Peas

Balsamic Vinegar

Russet Potato



Arugula and Spinach





Beef Stock Powder





All-Purpose Flour



Red Grapes





Seed Blend

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 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*	% tsp	¾ tsp
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		

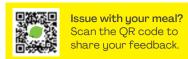
Salt and Pepper*

- * 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.





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.



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.



- 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 4 tsp (½ tsp) sugar. Cook, stirring constantly, until combined, 1 min.
- Stir in peas and $\frac{3}{4}$ cup (1 $\frac{1}{2}$ 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**.**



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**.



- 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, 1/8 tsp (1/4 tsp) sugar and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, to taste, then whisk to combine.



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!