



Carb Smart Cottage Pie

with Spring Mix Salad

Carb Smart 30 Minutes



Ground Beef



Beef Broth Concentrate



Cauliflower, florets



Green Peas



Mirepoix



Garlic



Sour Cream



Spring Mix



Red Wine Vinegar



Cornstarch

HELLO CAULIFLOWER

A great low carb alternative to starchy veggies!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Colander, measuring spoons, potato masher, large bowl, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beef Broth Concentrate	2	4
Cauliflower, florets	285 g	570 g
Green Peas	113 g	227 g
Mirepoix	113 g	227 g
Garlic	6 g	12 g
Sour Cream	3 tbsp	6 tbsp
Spring Mix	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Cornstarch	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1

Prep
Add **10 ½ cups water** and **1 tbsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. While **water** comes to a boil, cut **cauliflower** into bite-sized pieces. Peel, then mince or grate **garlic**.



4

Bake cottage pie
Transfer **beef mixture** to an 8x8-inch baking dish (9x13-inch for 4 ppl). Top with **mashed cauliflower**. Bake in the **middle** of the oven until **cauliflower** is golden-brown on top, 18-20 min.



2

Start cottage pie

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic, mirepoix, peas** and **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Stir in **cornstarch, broth concentrate** and **½ cup of water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a simmer, then reduce heat to medium. Cook until slightly thickened, 3-5 min.



5

Make salad

When **cottage pie** is almost done, combine **vinegar** and **1 tbsp oil** in a large bowl. Add **spring mix**. Season with **salt** and **pepper**, then toss to coat.



3

Cook cauliflower

While **beef** cooks, add **cauliflower** to the **boiling water**. Cook, stirring occasionally, until tender, 6-8 min. Reserve **⅓ cup cooking water** (dbl for 4 ppl), then drain and return **cauliflower** to the same pot, off heat. Roughly mash **reserved cooking water, sour cream** and **2 tbsp butter** (dbl for 4 ppl) into **cauliflower** until slightly creamy. Season with **salt** and **pepper**.



6

Finish and serve

Let **cottage pie** stand for 5 min. Divide **cottage pie** between plates. Serve **salad** on the side.

Dinner Solved!