



Carb Smart Cottage Pie

with Cauliflower and Potato Mash

Carb Smart

35 Minutes



Ground Beef



Beef Broth Concentrate



Russet Potato



Cauliflower, florets



Green Peas



Carrot



Garlic, cloves



Sour Cream



Yellow Onion

HELLO CAULIFLOWER

A great low carb alternative for starchy veggies!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Vegetable peeler, colander, measuring spoons, potato masher, box grater, 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	1	2
Russet Potato	230 g	460 g
Cauliflower, florets	285 g	570 g
Green Peas	56 g	113 g
Carrot	85 g	170 g
Garlic, cloves	1	2
Sour Cream	3 tbsp	6 tbsp
Yellow Onion	56 g	113 g
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 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

- 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** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then grate **half the carrot** (whole carrot for 4 ppl).
- Peel, then mince or grate **garlic**.



Broil cottage pie

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



Cook beef filling

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



Finish and serve

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

Dinner Solved!



Cook cauliflower and potatoes

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

Contact

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