

Carb Smart Cottage Pie

with Cauliflower and Potato Mash

Carb Smart 35 Minutes



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 nonstick 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

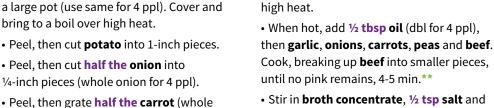
* Pantry items

** 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.



• Stir in broth concentrate, 1/2 tsp salt and 1/4 cup water (dbl both for 4 ppl). Season with **pepper**. Bring to a simmer. • Peel, then mince or grate garlic.

Cook beef filling

• Once simmering, reduce heat to medium. Cook, stirring often, until **filling** thickens slightly, 3-5 min.

• Heat a large non-stick pan over medium-



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.



Add 10 ½ cups water and 1 tbsp salt to

Broil cottage pie

1

Prep

carrot for 4 ppl).

- 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.



Finish and serve

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

Dinner Solved!

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