



Carb Smart Cottage Pie

with Cauliflower and Potato Mash

Carb Smart 35 Minutes



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Ground Beef



Double Ground Beef



Beef Broth Concentrate



Russet Potato



Cauliflower, florets



Green Peas



Carrot



Garlic, cloves



Sour Cream



Yellow Onion

CUSTOM RECIPE

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

Happy cooking!

HELLO CAULIFLOWER

A great low carb alternative for starchy veggies!

Start here

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

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

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
Double Ground Beef	500 g	1000 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** (1 tbsp) **oil**, 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** (1 tsp) **salt** and **¼ cup** (½ cup) **water**. Season with **pepper**. Bring to a simmer.
- Once simmering, reduce heat to medium. Cook, stirring often, until **beef filling** thickens slightly, 3-5 min.

If you've opted for **double beef**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **beef**, adding an **extra ½ cup water** to the **mixture**.



Finish and serve

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

Dinner Solved!



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