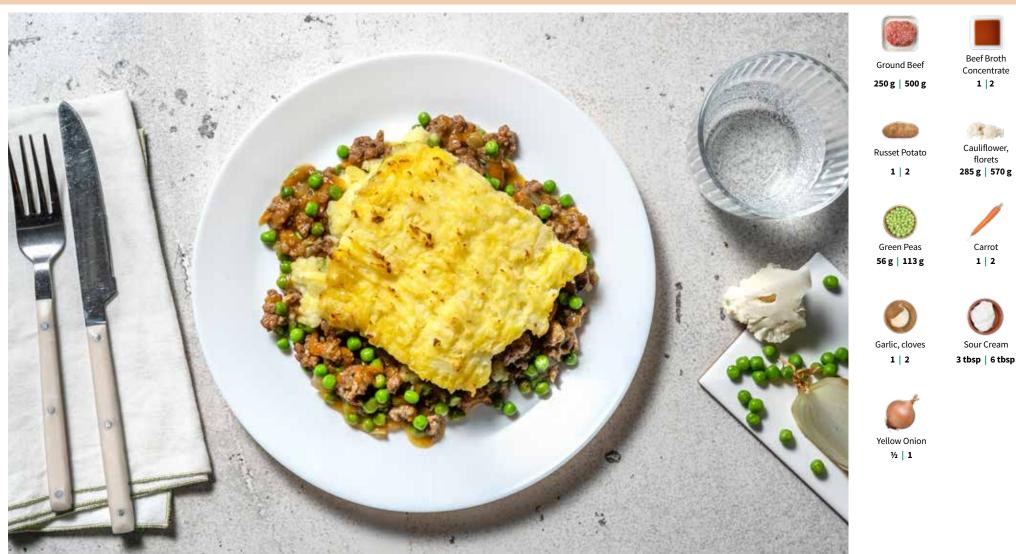


Smart Meal 30 Minutes

☆ Customized Protein + Add ○ Swap or <2 Double</p>

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, **visit hellofresh.ca**



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. 🔿 Swap

Beyond Meat

2 4

🔿 Swap

Ground Turkey

250 g | 500 g

Pantry items | Salt, pepper, unsalted butter, oil

Cooking utensils | Vegetable peeler, measuring spoons, colander, potato masher, box grater, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish



Prep

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

• 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** (whole onion for 4 ppl) into 1/4-inch pieces.
- Peel, then grate **carrot**.
- Peel, then mince or grate garlic.



Cook beef filling



- Heat a large non-stick pan over medium-high heat.
- When the pan is 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 **filling** thickens slightly, 3-5 min.



Make cauliflower-potato mash

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



2 Cook turkey filling

🚫 Swap | Ground Turkey

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.**

2 | Cook Beyond Meat[®] filling

🚫 Swap | Beyond Meat®

If you've opted to get **Beyond Meat**[®], prepare, cook and plate it the same way as the **beef**, until cooked through, 5-6 min.**



Broil cottage pie

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



Finish and serve

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

