

HELLO Carb Smart Cottage Pie with Cauliflower and Potate Mash

with Cauliflower and Potato Mash

Carb Smart

30 Minutes





250 g | 500 g

2 | 4

250 g | 500 g

Concentrate 1 2



Russet Potato



1 | 2







56 g | 113 g





Garlic, cloves

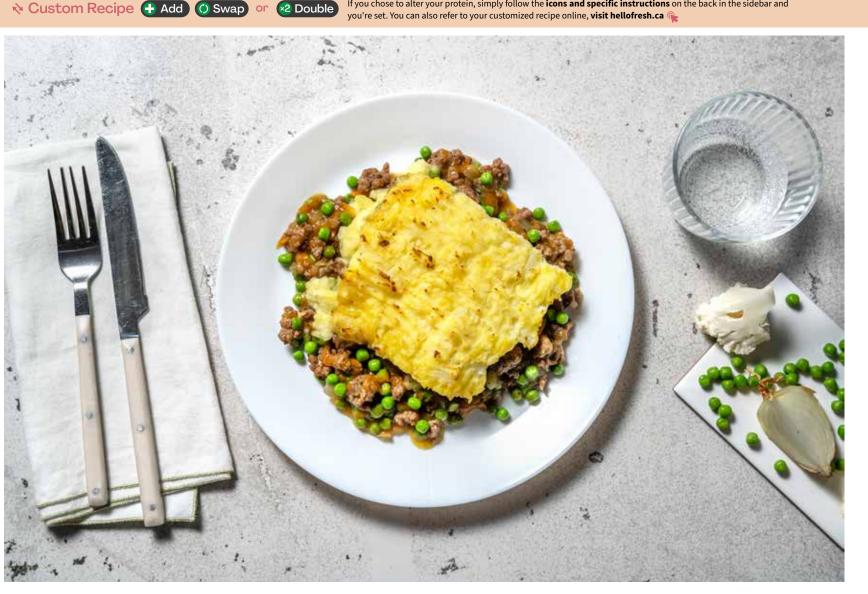


1 | 2





Yellow Onion 1/2 | 1



If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and

Cooking utensils | Vegetable peeler, colander, measuring spoons, 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.



🔘 Swap | Ground Turkey

🗘 Swap | Beyond Meat®

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 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. $\frac{1}{2}$ tsp (1 tsp) salt and $\frac{1}{4}$ cup ($\frac{1}{2}$ 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.



Cook cauliflower and potatoes

- 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, to taste.



2 | Cook Beyond Meat® filling

1 tbsp

(2 tbsp)

oil

🚺 Swap | Beyond Meat® 🕽

Measurements

2 | Cook turkey filling

🗘 Swap | Ground Turkey

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

within steps

the beef.**

If you've opted to get Beyond Meat®, cook it in the same way the recipe instructs you to cook the beef.*



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.



Finish and serve

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

