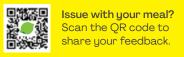


Carb Smart Cottage Pie

with Cauliflower and Potato Mash

Carb Smart

35 Minutes







Russet Potato





Beef Broth Concentrate





Cauliflower, florets Green Peas







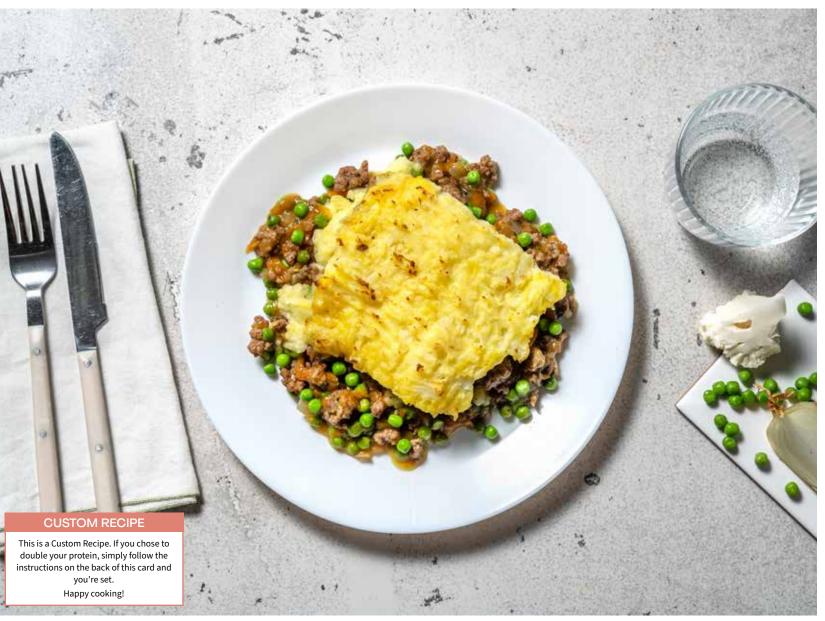
Carrot



Sour Cream



Yellow Onion



Start here

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

Measurements , 1 tbsp (2 tbsp), oil within steps 4 person 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

9		
	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*

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



Cook beef filling

- Heat a large non-stick pan over mediumhigh 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 1/3 cup water to the mixture.



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 (4 tbsp) butter into cauliflower and potatoes until slightly creamy.
- Season with salt and pepper, to taste.



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.

Dinner Solved!

^{**} Cook to a minimum internal temperature of 74°C/165°F.