



# Carb Smart Cottage Pie

with Cauliflower-Potato Mash

Smart Meal

30 Minutes

Customized Protein

+ Add

Swap










or

\*2 Double

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](http://www.hellofresh.ca)

 	 
Ground Turkey 250 g   500 g	Beyond Meat® 2   4



	
Ground Beef 250 g   500 g	Beef Broth Concentrate 1   2
	
Russet Potato 1   2	Cauliflower florets 285 g   570 g
	
Green Peas 56 g   113 g	Carrot 1   2
	
Garlic, cloves 1   2	Sour Cream 3 tbsp   6 tbsp
	
Yellow Onion ½   1	

**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.

**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

1



## 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 ¼-inch pieces.
- Peel, then grate **carrot**.
- Peel, then mince or grate **garlic**.

2



## Cook beef filling

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- 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.

3



## 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**.

4



## 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.

5



## Finish and serve

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

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 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.\*\*

\*\* Cook beef, turkey and Beyond Meat® to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.