



**GREEN
CHEF**

SHEPHERD'S PIE

mashed potato, carrots, peas, white cheddar, chives

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

930

Who can resist a homemade shepherd's pie served hot from the oven? We can't, which is why our chefs created this ultra-comforting take on the classic. Here, we've amped up the topping by sprinkling white cheddar cheese over layers of creamy mashed potato and herb-seasoned ground beef with carrots and peas. We know it's hard, but try to let the dish cool for a minute or two before digging in!

INGREDIENTS (12 ITEMS)

1 whole	Russet potato
1 whole	Yellow onion
¼ oz	Chives
4 oz	Carrots
1¼ tsp	Rosemary, basil & sage blend
10 oz	Ground beef*
1½ oz	Tomato paste
1 tbs	Flour <small>W</small>
2½ oz	Seasoned mushroom broth <small>T</small>
2½ oz	Peas
1 oz	Cream cheese <small>M</small>
2 oz	White cheddar cheese <small>M</small>

WHAT YOU'LL NEED

medium pot
medium oven-safe sauté pan
measuring cup & spoons
strainer
peeler
potato masher
thermometer
oven mitt
cooking oil
3 tbs butter M
salt & pepper

ALLERGENS

W WHEAT T TREE NUTS (coconut)
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Set oven to high broil with rack in the center.
- Peel **russet potato**. Medium dice into pieces, about ½ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Mince **chives**.

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 COOK POTATO

- Place **potato** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork-tender.
- Reserve about ¼ cup **potato cooking water**. Strain **potato**; shake off excess water. Return to pot.

3 START FILLING

- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **carrots**. Cook 4-5 minutes, or until slightly softened, stirring occasionally.
- Add **onion**. Season with salt and about half the **rosemary, basil, and sage blend**. Cook 3-4 minutes, or until lightly browned and tender, stirring occasionally.
- Add **ground beef**. Season with remaining **rosemary, basil, and sage blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add **tomato paste** and **flour**. Cook about 1 minute, or until tomato paste and flour are incorporated, stirring occasionally.

4 FINISH FILLING

- Add **seasoned mushroom broth** and ¼ cup water to pan. Bring to a boil, then reduce heat to medium low. Cook 2-3 minutes, or until filling has thickened, stirring occasionally.
- Remove from heat. Add **peas**, about half the **chives**, and 1 tablespoon butter. Stir to combine. Season with salt and pepper to taste.

5 MASH POTATO

- Mash **potato** with a potato masher (or fork) until smooth. Add **cream cheese**, reserved **potato cooking water**, and 2 tablespoons butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until cream cheese and butter are incorporated.

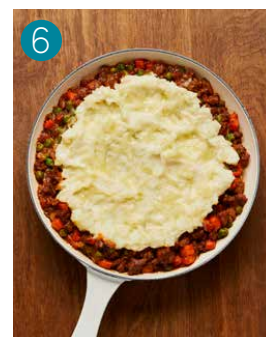
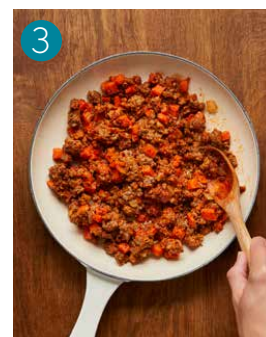
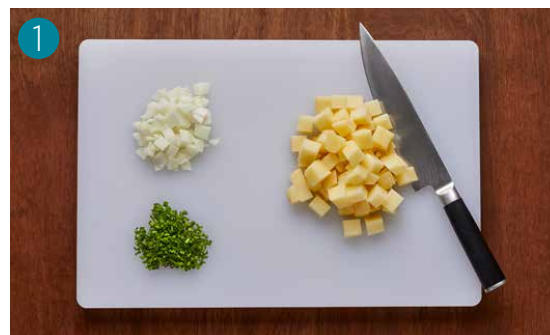
6 FINISH SHEPHERD'S PIE

- Spread **mashed potato** over **beef and veggie filling** in an even layer, leaving a 1-inch gap around edge of pan. Sprinkle with **white cheddar cheese**.
- Transfer pan to oven. Broil 2-3 minutes, or until potato is lightly browned.
- Remove pan from oven*. Let cool at least 5 minutes.

*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.

7 PLATE YOUR DISH

- Divide **shepherd's pie** between plates. Garnish with remaining **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (582g)

Amount per serving

Calories 930

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 27g	135%
Trans Fat 2g	
Cholesterol 175mg	58%
Sodium 1240mg	54%
Total Carbohydrate 56g	20%
Dietary Fiber 8g	29%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 362mg	30%
Iron 7mg	40%
Potassium 1810mg	40%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Beef [beef], **Carrots**, **Yellow Onion**, **Peas** [peas], **Russet Potatoes**, **All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Chives**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Seasoned Mushroom Broth** (Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Tomato Paste** [tomato paste, citric acid]

Allergen information:

Contains Tree Nuts, Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.