



**GREEN  
CHEF**

## SHEPHERD'S PIE

*with mashed potato, carrots, peas & white cheddar*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

920

Shepherd's pie is comfort food at its finest. Here, the base is a rich, tomatoey beef filling studded with carrots, peas, and herbs—specifically, our earthy rosemary, basil, and sage blend. On top, swoops of creamy mashed potato are sprinkled with white cheddar cheese, then broiled to create an irresistibly cheesy crust. One piece of advice: Let it cool for a minute or two after removing from the oven, then dig in with abandon!

### INGREDIENTS (11 ITEMS)

1 whole	<b>Russet potato</b>
1 whole	<b>Yellow onion</b>
4 oz	<b>Carrots</b>
1 ¼ tsp	<b>Rosemary, basil &amp; sage blend</b>
10 oz	<b>Ground beef*</b>
1 ½ oz	<b>Tomato paste</b>
1 tbsp	<b>Flour</b> <small>W</small>
2 ½ oz	<b>Seasoned mushroom broth</b> <small>T</small>
2 ½ oz	<b>Peas</b>
1 oz	<b>Cream cheese</b> <small>M</small>
2 oz	<b>White cheddar cheese</b> <small>M</small>

### WHAT YOU'LL NEED

medium pot  
medium oven-safe sauté pan  
measuring cup & spoons  
strainer  
peeler  
potato masher  
oven mitt  
cooking oil  
3 tbsp 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 it's no longer pink.

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](https://www.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.

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 cooking water. Strain **potato**; shake off excess water. Return to pot.

## 3 START FILLING

- Heat about 1 ½ 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 of the **rosemary, basil, and sage blend**. Cook 3-4 minutes, or until veggies are 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. Stir to break up beef. Cook 4-5 minutes, or until beef is fully cooked, stirring occasionally.
- 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 with beef and veggies. Bring to a boil, then reduce heat to medium-low. Cook 2-3 minutes, or until filling thickens, stirring occasionally.
- Remove from heat. Add **peas** and 1 tablespoon butter. Salt and pepper to taste. Stir to combine.

## 5 MASH POTATO

- Mash **potato** with a potato masher (or fork) until smooth. Add **cream cheese**, 2 tablespoons butter, and reserved **potato cooking water**. 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 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. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (579g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 27g	135%
Trans Fat 0.5g	
Cholesterol 175mg	58%
Sodium 1190mg	52%
Total Carbohydrate 52g	19%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 394mg	30%
Iron 9mg	50%
Potassium 1451mg	30%

\* 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, annatto, anti-caking agent (potato starch, powdered cellulose, natamycin)], **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 tree sap, 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.

