



### In your box

- 14 oz. Mashed Potatoes
- 1 tsp. Garlic Salt
- 4 fl. oz. Cream Sauce Base
- 8 oz. Carrot & Celery Blend
- 5 oz. Peas
- 1 oz. Shredded Parmesan Cheese
- 4 Garlic Cloves
- 16 oz. Ground Beef
- 6 tsp. Beef Flavor Demi-Glace Concentrate

\*Contains: milk

### You will need

- Olive Oil, Salt, Pepper
- Large Oven-Safe Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

4-Serving Meal



## One-Pan Beef Shepherd's Pie

with peas

NUTRITION per serving—Calories: 532, Carbohydrates: 31g, Sugar: 7g, Fiber: 5g, Protein: 29g, Sodium: 1436mg, Fat: 32g, Saturated Fat: 15g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**35-45 min.**

Cook Within

**5 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 425 degrees



### 1. Prepare the Ingredients

- Mince **garlic**.



### 2. Prepare the Beef

- Place a large oven-safe non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **ground beef**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Break up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.
- Transfer ground beef to a plate. Keep pan over medium-high heat.



### 3. Cook the Vegetables

- Add ½ tsp. **olive oil**, **carrot and celery blend**, **garlic salt**, **garlic**, and **peas** to hot pan.
- Stir occasionally until vegetables are slightly tender, 5-7 minutes.



### 4. Make Sauce and Add Potatoes

- Add **cream base** and **demi-glace** to hot pan and bring to a simmer.
- Once simmering, add **ground beef** and **cheese** and gently stir until combined.
- Top evenly with **mashed potatoes**.



### 5. Bake Pie and Finish Dish

- Place pan in hot oven and bake until **potatoes** are lightly browned, 18-20 minutes.
- Carefully remove pan from oven. *Pan will be hot! Use an oven mitt.*
- Plate dish as pictured on front of card. Bon appétit!