



More than Food

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## Brussels Sprout and Mushroom Shepherd's Pie with Cheddar Mash

A winter classic, with a veggie twist! This vegetarian shepherd's pie combines cheddar mashed potatoes with a hearty veggie ragout – a match made in heaven! In this recipe you'll learn to make a *velouté*, the French term for a roux-thickened stock.

45 min

level 2

veggie

nut free



Brussels Sprouts



Crimini Mushrooms



Garlic



Thyme



Vegetable Stock Concentrates



Cheddar, shredded



Yukon Potatoes



Flour



Onion

## Ingredients

	2 People	4 People
Brussels Sprouts	8 oz	16 oz
Crimini Mushrooms	4 oz	8 oz
Garlic	2 cloves	4 cloves
Thyme	¼ oz	½ oz
Vegetable Stock Concentrates	2	4
Cheddar, shredded	1) ½ C	1 C
Yukon Potatoes	16 oz	32 oz
Flour	2) 1 T	2 T
Onion	1	2
Butter*	1) 1 T	2 T
Oil*	2 t	4 t

\*Not Included

## Allergens

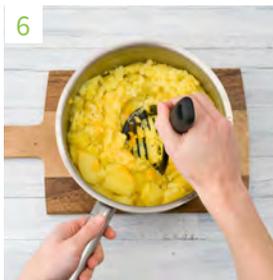
- 1) Milk
- 2) Wheat

## Tools

Medium Pot, Medium Oven-Proof Pan, Strainer, Peeler, Masher

**Nutrition per person** Calories: 503 cal | Carbs: 67 g | Fat: 20 g | Protein: 19 g | Fiber: 13 g | Sodium: 593 mg

Make sure to wash and dry produce before prepping or cooking!



**1 Boil the potatoes:** Preheat broiler to high or oven to 500 degrees. Peel and dice the **potatoes** into ½-inch cubes. Place the potatoes in a medium pot with a large pinch of **salt** and enough water to cover. Bring to a boil, then reduce to a simmer for 10-12 minutes, until fork-tender.

**2 Prep the ingredients:** While the **potatoes** cook, thinly slice the **mushrooms**. Halve, peel, and dice the **onion**. Trim and quarter the **Brussels sprouts**. Strip the **thyme** off the stems and roughly chop the leaves. Mince or grate the **garlic**.

**3 Start the veggie ragout:** Heat a drizzle of **oil** in a medium oven-proof pan over medium-high heat. Add the **mushrooms** to the pan and cook, tossing, for 4-5 minutes, until golden brown. Season with **salt** and **pepper** and set aside. Drain the **potatoes** and return to the pot, if ready.

**4 Finish the ragout:** Heat another drizzle of **oil** in the same pan over medium heat. Add the **onion** to the pan and cook, tossing, for 3-4 minutes, until softened. Add the **Brussels sprouts**, **thyme**, and **garlic** to the pan and cook, tossing, for another 3-4 minutes, until the **Brussels sprouts** have softened slightly. Add the **mushrooms** back to the pan and season with **salt** and **pepper**.

**5 Make the velouté:** Stir **1 Tablespoon butter** into the pan to melt, then sprinkle the **flour** over the vegetables. Stir to combine. Very slowly stir **1 cup water** and **1 stock concentrate** into the pan, until thoroughly combined. Bring the mixture to a simmer for 4-5 minutes, until reduced and very thick. Remove the pan from the heat.

**HINT:** If you don't have an oven-proof pan, transfer the mixture to an 8x8-inch baking dish after this step.

**6 Make the cheddar mash:** Using a potato masher or fork, mash the **potatoes** in the pot over medium-low heat. Mash in the remaining **stock concentrate**, **½ cup water**, and the **cheddar cheese**. Once completely smooth, taste and season with **salt** and **pepper**.

**7** Evenly spread the **cheddar mash** over the **vegetable ragout** in the pan. Place the pan under the broiler for 3-4 minutes, until golden brown. Serve right out of the pan and enjoy!

Ruler

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