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Mushroom and Caramelized Onion Shepherd's Pie with Roasted Carrots and Brussels Sprouts

A winter favorite, with a veggie twist! This vegetarian shepherd's pie combines mashed potatoes and hearty mushroom ragout – a match made in heaven! Caramelized onion and Parmesan cheese amps up the flavor in this classic dish.



Button Mushrooms



Yukon Potatoes



Parmesan Cheese



Onion



Garlic



Flour



Vegetable Stock Concentrates



Carrot



Brussels Sprouts



Thyme



Milk

Ingredients	2 People	4 People
Button Mushrooms	8 oz	16 oz
Yukon Potatoes	12 oz	24 oz
Parmesan Cheese	1) ¼ c	½ c
Onion	1	2
Garlic	2 cloves	4 cloves
Flour	2) 1 T	2 T
Vegetable Stock Concentrate	1	2
Carrot	1	2
Brussels Sprouts	8 oz	16 oz
Thyme	¼ oz	¼ oz
Milk	1) ¼ c	½ c
Butter*	1) 1 T	2 T
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Milk
- 2) Wheat

Tools

Medium Pot,
Baking Sheet,
Peeler, Strainer

Ruler

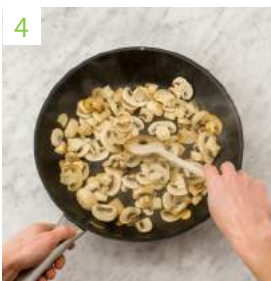
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Nutrition per person Calories: 470 cal | Fat: 19 g | Sat. Fat: 8 g | Protein: 20 g | Carbs: 64 g | Sugar: 14 g | Sodium: 473 mg | Fiber: 13 g

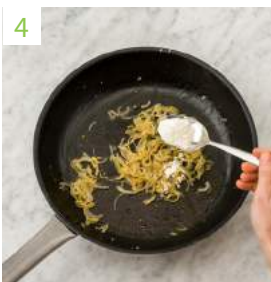
Make sure to wash and dry produce before prepping or cooking!



1 Prep and cook the potatoes: Preheat the oven to 375 degrees. Peel and cut the **potatoes** into ½-inch cubes. Place them in a medium pot with enough water to cover and a large pinch of **salt**. Bring to a boil and cook for about 15 minutes, or until easily pierced with a knife. Drain, return to the pot, and add **1 Tablespoon butter** and **¼ cup milk**. Mash with a fork or potato masher. Season with **salt** and **pepper**.



2 Roast the carrots and Brussels sprouts: While the **potatoes** cook, trim and halve the **Brussels sprouts** lengthwise. Peel and cut the **carrot** into ¼-inch slices on a diagonal. Toss the carrots and Brussels sprouts on a baking sheet with a drizzle of **oil** and season with **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing halfway through cooking, until golden brown.



3 Prep the remaining ingredients: Halve, peel, and thinly slice the **onion**. Thinly slice the **mushrooms**. Strip the **thyme** off the sprigs and discard the sprigs. Mince the **garlic**.



4 Start the shepherd's pie: Heat a drizzle of **oil** in a pan over medium-high heat. Add the **mushrooms** and cook, tossing occasionally, for about 6 minutes, until golden brown. Set aside. In the same pan, heat another drizzle of **oil** over medium heat. Add the **onions** and cook, tossing, for 6-7 minutes, until softened and slightly caramelized. Add the **garlic**, **thyme**, and **¼ cup water** and cook until jammy, for about 3 minutes. Season with **salt** and **pepper**.

5 Add **½ Tablespoon flour** (we sent you 1 Tablespoon) to the pan and cook, stirring, for 1 minute. Add **½ cup water** and the **stock concentrate** and stir to combine thoroughly. Bring to a boil, stirring, until thickened. Return the **mushrooms** to the pan.

6 Bake the shepherd's pie: Transfer the **mushroom and onion mixture** to a **small(8"x8") baking dish** and spread evenly with the **mashed potatoes**. Sprinkle with **Parmesan cheese** and place in the oven for about 5 minutes, until melted and bubbly.

7 Plate: Serve the **shepherd's pie** straight out of the oven with the **roasted Brussels sprouts** and **carrots** to the side. Enjoy!