



Beef and Mushroom Casserole with Cheesy Cauliflower Gratin

Carb Smart

35 Minutes



Ground Beef



Cauliflower, florets



Parmesan Cheese,
shredded



Mushrooms



Italian Seasoning



Soy Sauce



Crushed Tomatoes
with Garlic & Onion



Garlic

HELLO CAULIFLOWER

A great low carb alternative for starchy veggies!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Cauliflower, florets	285 g	570 g
Parmesan Cheese, shredded	½ cup	1 cup
Mushrooms	113 g	227 g
Italian Seasoning	1 tbsp	2 tbsp
Soy Sauce	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Garlic	3 g	6 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep

Add **6 cups water** and **1 tsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. While **water** comes to a boil, cut **cauliflower florets** into 1-inch pieces. Slice **mushrooms**. Peel, then mince or grate **garlic**.



Cook cauliflower

Once boiling, add **cauliflower** to the pot and cook, until fork tender, 6-8 min. Drain **cauliflower**. Reduce heat to medium, then return pot to heat. Add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt. Add **garlic** and cook, stirring, until fragrant, 30 sec. Remove from heat, then add **cauliflower, 1 tbsp butter** (dbl for 4 ppl) and season with **salt** and **pepper**. Mash until mostly smooth. Add **half the Parmesan**, then mash until combined.



Start ragout

While the **cauliflower** cooks, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **mushrooms** are golden and tender, 3-4 min. Add **beef**, then season with **salt** and **pepper**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.** Carefully drain and discard **excess fat**, then return to heat.



Finish ragout

Add **2 ½ tsp Italian Seasoning** (dbl for 4 ppl), **soy sauce** and **crushed tomatoes** to the pan with **beef**. Bring to a gentle simmer, then reduce heat to medium. Season with **salt** and **pepper**. Cook, stirring occasionally, until **ragout** has thickened slightly and no longer watery, 5-7 min.



Bake casserole

Transfer **ragout** to an 8x8-inch baking dish (9x13-inch for 4 ppl), smoothing over top. Dollop with **cauliflower mash**, then evenly spread. Sprinkle **remaining Italian Seasoning** and **remaining Parmesan** over top. Broil in the **top** of the oven, until golden-brown, 2-3 min.



Finish and serve

Divide the **casserole** between plates.

Dinner Solved!