



VEGGIE SHEPHERD'S PIE

and Crispy Mash Potatoes

VEGGIE



HELLO MIREPOIX

Mirepoix is the flavour foundation to a great tasting shepherds pie!

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 375**



Veggie Ground Round



Russet Potato



Green Peas



Vegetable Broth Concentrate



Mirepoix



Garlic



Parmesan Cheese



Parsley



Tomato Paste

BUST OUT

- 8x8" Baking Dish
- Baking Sheet
- Large Non-Stick Pan
- Strainer
- Garlic Press
- Milk **2** (2 tbsp)
- Large Pot
- Butter **2** (2 tbsp)
- Measuring Cups
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Potato Masher

INGREDIENTS

2-person

- Veggie Ground Round **1,4,6** 340 g
- Russet Potato 460 g
- Green Peas 113 g
- Vegetable Broth Concentrate 1
- Mirepoix 227 g
- Garlic 10 g
- Parmesan Cheese **2** 1/4 cup
- Parsley 10 g
- Tomato Paste 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 6 Mustard/Moutarde
- 1 Wheat/Blé
- 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 9 Sulphites/Sulfites
- 4 Soy/Soja
- 10 Crustacean/Crustacé
- 5 Tree Nut/Noix
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

START STRONG

Preheat your broiler to **high** (to broil the pie).



1 BOIL POTATOES
Wash and dry all produce.* Peel, then cut the **potatoes** into 1/2-inch cubes. In a large pot, combine the **potatoes** with **1 tsp salt** and enough **water** to cover the **potatoes**. Cover and bring to a boil over high heat. Once the **water** is boiling, reduce the heat to medium-high. Simmer, uncovered, until the **potatoes** are fork-tender, 10-12 min.



4 ASSEMBLE THE PIE
Meanwhile, drain and return **potatoes** to same pot. Using a potato masher, mash the **potatoes**. Stir in **2 tbsp butter** and **2 tbsp milk**. Season with **salt** and **pepper**. Top the **ground round mixture** with the **green peas**. Dollop the **mashed potatoes** overtop and smooth over to cover the **peas**.



2 PREP VEGGIES
Meanwhile, mince or grate the **garlic**. Roughly chop the **parsley**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **mirepoix** and **garlic**. Cook, stirring occasionally, until the **veggies** start to soften, 3-4 min. Season with **salt** and **pepper**.



5 BROIL THE PIE
Sprinkle over the **Parmesan**. Transfer the assemble **shepherd's pie** to a baking sheet and broil the **shepherd's pie** in the middle of the oven until the topping is golden-brown, 5-6 min. (**TIP:** Keep an eye on it so that it does not burn!)



3 COOK GROUND ROUND
Add the **veggie ground round**, **tomato paste**, **broth concentrate** and **1 cup water** to the same pan. Cook, stirring occasionally, until the **sauce** thickens slightly, 4-5 min. Season with **salt** and **pepper**. Stir in **half the parsley**. Transfer the **ground round mixture** to an 8x8-inch baking dish.



6 FINISH AND SERVE
Divide the **shepherd's pie** between plates and sprinkle over the **remaining parsley**.

EASY AS PIE!

Our version of this classic comfort food is both delicious and easy to prepare!