



Meatball Stroganoff

with Mushrooms & Cauliflower Mash



30-40min



2 Servings

We've taken stroganoff, one of the ultimate comfort foods, and made it keto-friendly without sacrificing any of the craveable flavors. Tender grass-fed beef meatballs are seared to form a tasty crust, then simmered in a decadent mascarpone sauce with onions and mushrooms. It's all served over a creamy cauliflower mash, and finished with dill for a fresh, herby pop.

What we send

- 12 oz cauliflower rice
- 1 yellow onion
- 2 oz white mushrooms
- 1 pkt beef broth concentrate
- 1 pkt Dijon mustard ¹⁷
- 1 pkg mascarpone ⁷
- ¼ oz fresh dill
- 10 oz pkg ground grass-fed beef

What you need

- kosher salt & ground pepper
- butter ⁷
- milk ⁷
- olive oil
- 1 large egg ³

Tools

- medium pot
- potato masher or fork
- medium nonstick skillet

Allergens

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 70g, Carbs 20g, Proteins 36g



1. Make cauliflower mash

Place **cauliflower rice**, **1 cup water**, and **a generous pinch of salt** in a medium pot. Bring to a boil over high then cover, reduce to medium-low, and cook until the cauliflower is tender, 8-10 minutes. Drain well and return to pot. Use a potato masher or fork to mash cauliflower with **2 tablespoons each of butter and milk**. Season to taste with **salt** and **pepper**. Cover to keep warm.



4. Cook mushrooms

Heat **1 tablespoon oil** in same skillet over medium-high. Add **mushrooms** and **a pinch each of salt and pepper**; cook, stirring occasionally, until golden brown, about 5 minutes. Transfer mushrooms to a plate; reserve skillet.



2. Prep ingredients

While **cauliflower** cooks, finely chop **onion**. Trim stem ends from **mushrooms**, then thinly slice caps. In a liquid measuring cup, whisk to combine **beef broth concentrate**, **Dijon mustard**, **mascarpone**, and **1 cup water**. Coarsely chop **dill fronds and stems**.



5. Cook meatballs

To the bowl with **cooked onions**, add **beef**, **1 large egg**, **1 teaspoon salt**, and **a few grinds of pepper**. Knead to combine (mixture will be wet). Form mixture into **10 meatballs**. Heat **1 tablespoon oil** in same skillet over medium-high. Add meatballs and cook, turning once or twice, until browned but not cooked through, about 5 minutes. Pour off **any fat** from skillet.



3. Cook onions

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **onions** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until tender and lightly browned, about 5 minutes. Transfer to a medium bowl; reserve skillet.



6. Finish & serve

To skillet with **meatballs**, add **mascarpone mixture** and **mushrooms**. Bring **sauce** to a simmer and cook over medium-high heat, basting meatballs with a spoon, until sauce is thickened and meatballs are cooked through, about 10 minutes. Serve **meatballs** on top of **cauliflower mash** with **mushrooms** and **sauce** spooned over top. Sprinkle with **chopped dill**. Enjoy!