
Mushroom shepherd's pie

(vegetarian)



1h



2 Servings

What we send

- 1½ lbs cauliflower (use half)
- 4 oz mascarpone ⁷
- ½ lb button mushrooms
- 1 medium yellow onion
- 1 carrot
- 2½ oz peas
- garlic
- 1 pkt mushroom seasoning

What you need

- all-purpose flour ¹
- butter ⁷
- milk ⁷

Tools

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Prep

preheat 400F, chop carrot, chop garlic,

4. Assemble

2. Make mash

Cut half of the cauliflower into 1-inch florets (save rest for own use). Fill a medium saucepan with salted water; add cauliflower. Cover and bring to a boil, then simmer until tender, about 15 minutes. Drain cauliflower well, then return to saucepan. Using a potato masher or fork, mash cauliflower with ¼ cup mascarpone. Season to taste with salt and pepper. Cover to keep warm.

5. Bake

3. Make filling

6. Serve