



Keto-Friendly 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

- 1 head cauliflower (use half)
- 1 medium yellow onion
- 4 oz mushrooms
- 1 pkt beef broth concentrate
- 4 oz mascarpone ¹
- ¼ oz fresh dill
- 10 oz ground grass-fed beef
- 1 pkt Dijon mustard

What you need

- kosher salt & ground pepper
- butter ¹
- milk ¹
- olive oil
- 1 large egg ²

Tools

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

Allergens

Milk (1), Egg (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 70g, Carbs 20g, Protein 36g



1. Make cauliflower mash

Cut **half of the cauliflower** into 1-inch florets (save rest for own use). Transfer to a medium pot filled with **salted water**. Cover; bring to a boil. Simmer until tender, about 15 minutes. Drain well and return cauliflower to pot. Using a potato masher or fork, 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.



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 teaspoon salt, 1 large egg**, 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.



6. Finish & serve

Add **mascarpone mixture** and **mushrooms** to skillet with **meatballs**. Bring sauce to a simmer and cook over medium-high heat, basting meatballs with sauce, 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!