

DINNERLY



Low-Cal Chicken Shepherd's Pie with Mashed Sweet Potato & Thyme

 1h  2 Servings

Low-cal *and* delicious? Sign us up! Our sweet spin on a traditional shepherd's pie uses buttery, mashed sweet potatoes as the hearty topping. The savory filling of ground chicken, sweet onion, carrots, peas, and thyme is sure to keep you full for hours. We've got you covered!

WHAT WE SEND

- 2 sweet potatoes
- 1 yellow onion
- 1 carrot
- ¼ oz fresh thyme
- 10 oz pkg ground chicken
- 3 pkts chicken broth concentrate
- 2½ oz peas

WHAT YOU NEED

- unsalted butter ⁷
- kosher salt & ground pepper
- 1 large egg yolk ³
- garlic
- neutral oil
- all-purpose flour (or gluten-free alternative)

TOOLS

- medium saucepan
- potato masher or fork
- medium ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

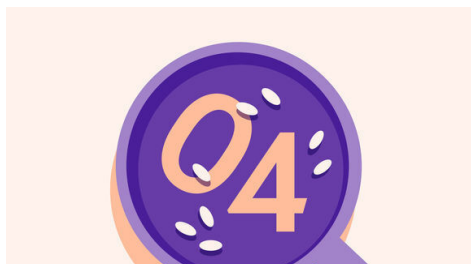
Calories 650kcal, Fat 19g, Carbs 81g, Protein 43g



1. Cook sweet potatoes

Preheat oven to 425°F with a rack in the upper third. Peel **sweet potatoes**; cut into 1-inch pieces.

In a medium saucepan, combine sweet potatoes with ½ **cup water**. Bring to a boil over high heat, cover, then cook on medium-low, stirring halfway through, until potatoes have completely softened, 12–15 minutes. If saucepan is dry before potatoes are soft, add ¼ cup water and continue cooking.



4. Simmer filling

Stir **all of the broth concentrate** and ½ **cup water** into skillet. Bring to a simmer, scraping up any browned bits from bottom of skillet. Cook over medium heat, stirring occasionally, until **sauce** is thickened, 2–3 minutes.

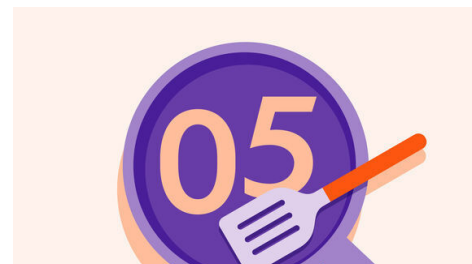
Stir in **peas** and remove from heat. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Add 1 **tablespoon butter** to **sweet potatoes**; mash with a potato masher or whisk until smooth. Season to taste with **salt** and **pepper**. Set aside to cool slightly, then stir in 1 **large egg yolk**.

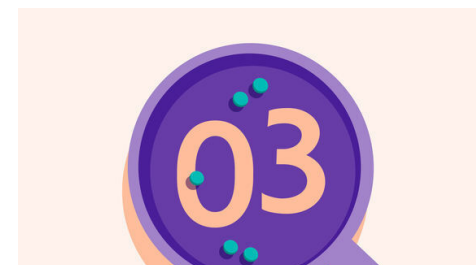
Meanwhile, finely chop **onion**. Scrub **carrot**; finely chop. Finely chop 1 **large garlic clove**. Pick and finely chop 1 **teaspoon thyme leaves**.



5. Assemble & bake

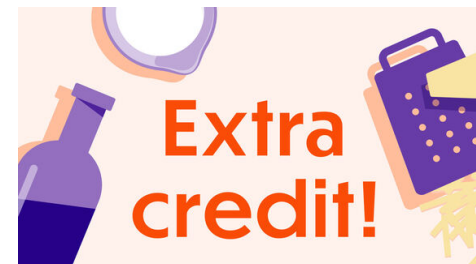
Dollop **sweet potatoes** evenly all over filling. Spread with a spatula, then use tines of a fork or back of a spoon to create ridges on surface. Bake skillet on upper rack until top is set and sauce is bubbling, 20–25 minutes. Switch oven to broil; broil until top is browned, 2–4 minutes.

Let **shepherd's pie** cool for 5–10 minutes before serving. Enjoy!



3. Start filling

Heat 1 **tablespoon oil** in a medium ovenproof skillet over high. Add **half of the chicken**. Break into smaller pieces until well browned, 4–5 minutes. Add **onions, carrots, and garlic**; lower heat to medium. Cook, stirring, until softened, 4–5 minutes. Add **thyme** and 1 **tablespoon flour**; cook for 1 minute. Add **remaining chicken**, breaking up until no longer pink, 2–3 minutes.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.