

DINNERLY



Low-Carb Sloppy Joe-Style Shepherd's Pie

with Mashed Cauliflower Topping



30-40min



2 Servings

Who knew these two comfort food classics would be so good together? Oh that's right, we did. When we're not playing matchmaker, we're diving into this saucy beef, onion, and pepper filling with a creamy mashed cauliflower topping. We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- 1 red onion
- 1 green bell pepper
- 2 oz barbecue sauce
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- kosher salt & ground pepper
- ¼ cup ketchup
- apple cider vinegar (or red wine vinegar)
- sugar
- neutral oil
- 2 Tbsp butter ⁷

TOOLS

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

ALLERGENS

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

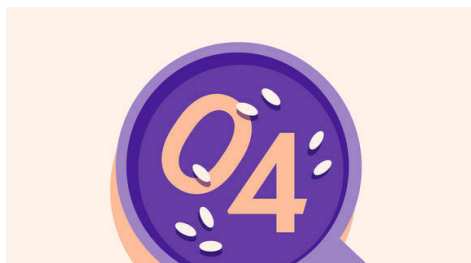
NUTRITION PER SERVING

Calories 650kcal, Fat 35g, Carbs 40g, Protein 34g



1. CAULIFLOWER VARIATION

Cut **cauliflower** into ½-inch florets, if necessary. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Cook, uncovered, until tender when pierced with a fork, about 10 minutes. Reserve ¼ cup **cooking water**. Drain and return cauliflower to saucepan off heat; cover to keep warm until step 4.



4. Mash cauliflower

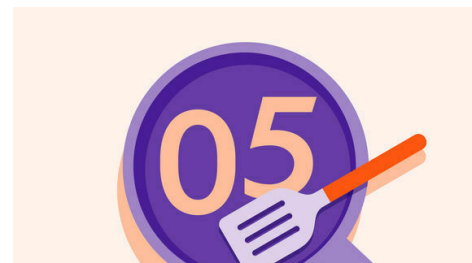
Preheat broiler with top rack 6 inches from heat source. Return saucepan with **cauliflower** to medium heat. Add **reserved cooking water** and 2 **tablespoons butter**. Mash with a potato masher or fork until smooth. Season to taste with **salt** and **pepper**.



2. Prep veggies & sauce

Meanwhile, cut **onion** into ½-inch pieces. Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces.

In a small bowl, stir to combine **barbecue sauce**, ¼ cup **ketchup**, 2 **teaspoons each of vinegar and water**, and 1 **teaspoon sugar**; season to taste with **salt** and **pepper**.



5. Broil & serve

Dollop **mashed cauliflower** over **beef filling** in skillet, spreading into an even layer. Broil on top oven rack until **filling** is bubbling and **mashed cauliflower** is browned in spots, about 5 minutes (watch closely as broilers vary).

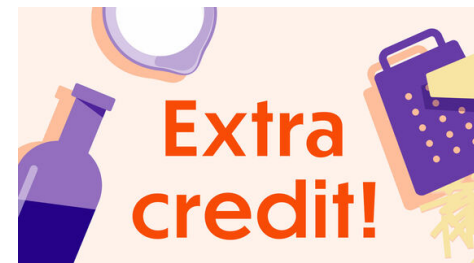
Let **sloppy joe shepherd's pie** sit for 5 minutes before serving. Enjoy!



3. Cook beef filling

Heat 1 **tablespoon oil** in a large ovenproof skillet over medium-high. Add **onions**, **peppers**, and a **pinch each of salt and pepper**; cook until softened, 3–4 minutes.

Add **beef**; cook, breaking up into small pieces, until cooked through, 3–5 minutes. Pour off **any fat** from skillet. Stir in **sauce mixture**; cook until slightly reduced, 1 minute.



6. Take it to the next level

For a bump of bright aromatics, stir dried spices or herbs into the beef filling (we like oregano, rosemary, and thyme!) in step 3.