

DINNERLY



Cottage Pie Baked Sweet Potato

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. We're giving cottage pie an upgrade by serving the velvety beef filling in a baked sweet potato (which is higher in fiber and antioxidants than regular potatoes!). And instead of carb-heavy mashed potatoes on top, we've opted for a sprinkle of cheese. We've got you covered!

WHAT WE SEND

- 2 sweet potatoes
- 10 oz pkg grass-fed ground beef
- ¼ oz steak seasoning
- 1 pkt beef broth concentrate
- 2½ oz peas
- ¾ oz cheddar ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic
- apple cider vinegar (or white wine vinegar)

TOOLS

- microwave
- medium skillet
- rimmed baking sheet
- microplane or grater

ALLERGENS

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

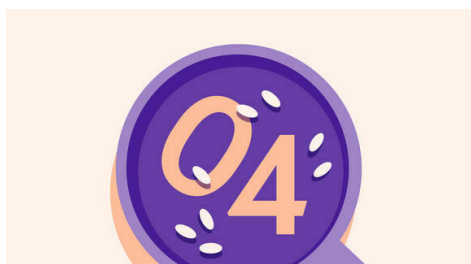
NUTRITION PER SERVING

Calories 650kcal, Fat 23g, Carbs 62g, Protein 37g



1. Cook sweet potatoes

Scrub **sweet potatoes**, then prick all over with a fork. Rub with **oil** and season all over with **salt** and **pepper**. Place in a microwave-safe dish and microwave on high, about 5 minutes. Flip potatoes, then continue to microwave until tender and easily pierced through to the center with a knife, 3–5 minutes more (watch closely as microwaves vary). Set aside to cool until step 4.



4. Assemble sweet potatoes

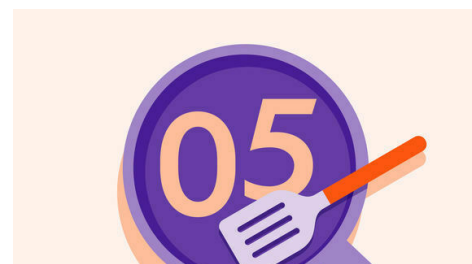
Once **sweet potatoes** are cool enough to handle, carefully split lengthwise and transfer to a rimmed baking sheet. Gently fluff insides of potatoes with a fork, creating a well in the center. Top with **cottage pie mixture**; grate **cheese** evenly over top.



2. Brown beef

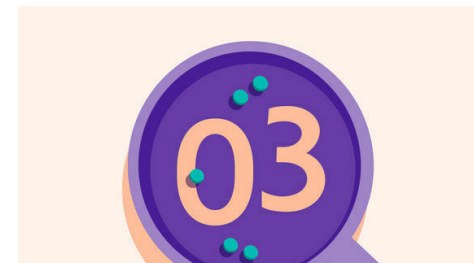
Finely chop 2 **teaspoons garlic**.

Heat 1½ **teaspoons oil** in a medium skillet over medium-high. Add **beef**, **steak seasoning**, and **chopped garlic**. Cook, breaking up meat into smaller pieces, until browned, 4–5 minutes.



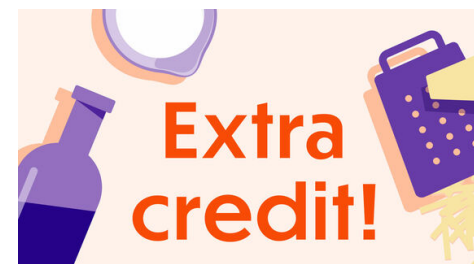
5. Broil & serve

Broil **cottage pie baked sweet potatoes** on upper oven rack until **cheese** is melted and starting to brown, 3–5 minutes (watch closely as broilers vary). Enjoy!



3. Make cottage pie filling

To skillet with **beef**, add **broth concentrate** and ¾ **cup water**; bring to a boil, scraping up any browned bits from bottom of skillet. Sprinkle 1 **tablespoon flour** over meat mixture; stir until combined. Reduce heat to medium-low and simmer until thickened, 2–3 minutes. Stir in **peas** and 1 **teaspoons vinegar**; season to taste with **salt** and **pepper**.



6. Health hack!

After browning the beef in step 2, drain any fat from the skillet before you start making the filling in step 3.