



## Beef 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 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
- 2 oz white mushrooms
- 1 pkt beef broth concentrate
- ¼ oz Dijon mustard <sup>17</sup>
- 3 oz mascarpone cheese <sup>7</sup>
- ¼ oz fresh dill
- 10 oz ground beef

## What you need

- kosher salt & ground pepper
- butter <sup>7</sup>
- milk <sup>7</sup>
- olive oil
- 1 large egg <sup>3</sup>

## Tools

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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 950kcal, Fat 83g, Carbs 20g, Proteins 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 and 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 butter and milk**. Season to taste with **salt and pepper**. Cover to keep warm.



### 4. Cook mushrooms

Add **1 tablespoon oil, mushrooms, and a pinch each of salt and pepper** to same skillet. Cook over medium-high heat, stirring occasionally, until golden brown, about 5 minutes. Transfer mushrooms to a plate. Reserve skillet.



### 2. Prep ingredients

While **cauliflower** cooks, peel and finely chop **onion**. Trim stem ends from **mushrooms**, then thinly slice caps. In a liquid measuring cup, whisk together **beef broth concentrate, mustard, mascarpone, and 1 cup water**. Coarsely chop **dill fronds and stems** together.



### 5. Cook meatballs

To the bowl with **cooked onions**, add **beef, 1 teaspoon salt, 1 large egg, and a few grinds of pepper**. Knead or stir 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!