



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
- 2 oz white mushrooms
- 1 pkt beef broth concentrate
- 4 oz mascarpone ⁷
- ¼ oz fresh dill
- 10 oz ground grass-fed beef
- 1 pkt Dijon mustard ¹⁷

What you need

- kosher salt & ground pepper
- butter ⁷
- milk ⁷
- olive oil
- 1 large egg ³

Tools

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

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 860kcal, Fat 70g, 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; 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!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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