

MARLEY SPOON



Meat-Free Cottage Pie

with Plant-Based "Beef" & Olive Oil Mash

 50min  2 Servings

Our plant-based ground is an easy-to-use, protein-packed ingredient that cooks up similar to ground meat—but it's 100 percent vegan! We use it here in a savory cottage pie. It's saucy, comforting, and full of good-for-you veggies like sweet peas and tender carrots. Instead of butter, we opt for olive oil in the mashed potato topping, and it provides a creamy texture and rich flavor. Honestly, it's a game-changer.

What we send

- 2 russet potatoes
- 1 medium yellow onion
- 5 oz celery
- 1 carrot
- 1 (½ lb) pkg plant-based ground ^{2,3,1}
- ¼ oz poultry seasoning
- ½ oz tamari soy sauce ²
- 5 oz peas

What you need

- kosher salt & ground pepper
- ¼ c unsweetened non-dairy milk
- olive oil
- all-purpose flour ¹
- ¼ c ketchup
- garlic

Tools

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

Allergens

Wheat (1), Soy (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 34g, Carbs 81g, Protein 31g



1. Cook potatoes

Finely chop **1½ teaspoons garlic**. Peel **potatoes**, then cut into 1-inch pieces. Place potatoes and **½ teaspoon of the chopped garlic** in a medium saucepan. Add enough **salted water** to cover by 1-inch. Bring to a boil and cook until potatoes are tender when pierced with a knife, 6-8 minutes. Drain and return potatoes to saucepan.



2. Make mashed potatoes

To saucepan with **potatoes**, add **¼ cup unsweetened nondairy milk** and **1 tablespoon oil**. Use a potato masher or fork to mash until smooth. Season to taste with **salt** and **pepper**. Set aside, covered, until step 6.



3. Prep vegetables

While **potatoes** cook, finely chop **onion**. Trim **celery**, then thinly slice. Scrub **carrots**, then slice into thin rounds.



4. Sauté vegetables

Preheat broiler with a rack in top the position.

Heat **1 tablespoon oil** in a medium ovenproof skillet over high. Add **onions, carrots, and celery**. Season with **salt** and **pepper**. Cook, stirring, until vegetables are tender and beginning to brown, 6-7 minutes. Stir in **remaining chopped garlic**. Transfer vegetables to a plate.



5. Brown plant-based ground

Heat **2 teaspoons oil** in same skillet over medium-high. Crumble **plant-based ground** into skillet. Cook, breaking up into bite-sized pieces, until browned in spots, 3-4 minutes. Sprinkle with **1 teaspoon flour** and **¾ teaspoon poultry seasoning**; stir until combined, about 1 minute. Stir in **⅔ cup water**, **¼ cup ketchup**, and **2 tablespoons tamari**. Bring to a boil; remove from heat.



6. Bake & serve

Return **vegetables** to skillet with plant-based ground. Stir in **peas**. Season to taste with **salt** and **pepper**. Spoon **mashed potatoes** over top and spread to cover filling. Broil on top oven rack until filling is bubbling and mashed potatoes are browned in spots, 3-4 minutes, shifting skillet if necessary for even browning (watch closely as broilers vary). Enjoy!