

DINNERLY



Low-Cal Carrot & Snap Pea Shepherd's Pie

with Mashed Potato Topping



30-40min



2 Servings

Why should meat-eaters have all of the shepherd's pie fun? We're shepherding in the, er, veggies? with this one-skillet dish packed with the kind of flavor that'll have you like, meat-who? No shepherd's pie could be complete without a perfectly browned mashed potato topping. We've got you covered!

WHAT WE SEND

- 2 russet potatoes
- 7 oz leek
- 2 carrots
- garlic
- 4 oz pkg sugar snap peas
- 1 pkt vegetable broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- all-purpose flour¹
- ¼ cup milk⁷
- butter⁷

TOOLS

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

ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 450kcal, Fat 14g, Carbs 73g, Proteins 10g



1. Cook potatoes

Peel **potatoes** and cut into 1-inch pieces. Place in a medium saucepan with enough water to cover by 1 inch. Add **1 tablespoon salt**, cover, and bring to a boil. Uncover and cook until potatoes are tender, 10–12 minutes. Drain and return to saucepan off heat; cover to keep warm until step 5.



2. Prep veggies

Trim ends from **leek** and halve lengthwise. Rinse one half, pat dry, and thinly slice crosswise (save rest for own use). Trim ends from **carrots**, cut in half lengthwise, then cut crosswise into ½-inch half-moons. Finely chop **2 teaspoons garlic**. Trim stem ends from **snap peas**, then cut in half crosswise.



3. Cook veggies

Preheat broiler with a rack 6 inches from heat source. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **leeks, carrots, and ¼ teaspoon salt**; cook until slightly tender and golden, about 7 minutes. Add **chopped garlic** and **1 tablespoon flour**; cook, stirring frequently, until garlic is fragrant and flour is toasted, about 1 minute.



4. Cook veggie filling

Into skillet with **veggies**, stir **1½ cups water** and **broth concentrate**; bring to a boil over high heat, scraping up any browned bits from bottom of skillet. Cover, reduce heat to medium, and cook until **sauce** has thickened and **carrots** are tender, about 15 minutes. Stir in **snap peas**, cover, and cook until crisp tender, 2–3 minutes; season to taste with **salt** and **pepper**.



5. Finish & serve

Return **potatoes** over low heat; add **¼ cup milk** and **1 tablespoon butter**. Mash with a potato masher or fork; season to taste with **salt** and **pepper**. Dollop **mashed potatoes** on top of **vegetable filling** and spread into an even layer. Broil on top oven rack until golden, 3–5 minutes (watch closely as broilers vary).

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



6. Make it meaty!

We're all about getting our fill of veggies, but if you have must-have-meat-eaters in the house, then brown some ground beef or turkey and add it to the veggie filling at the end of step 4.