

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding!

chefs plate

## Sweet Potato Shepherd's Pie

with sweet peas and carrots

Hunker down and get cozy with this shepherd's pie that sneaks in healthy veggies, while bringing the nostalgic flavours you crave. The sweet potato mash is an unsuspecting - but delicious - twist on the classic.



30 minutes

### in your kit bag

2 portions 4 portions

Ground Beef	250 g	500 g
Sweet Potato	510 g	1020 g
Chives	7 g	7 g
Yellow Onion	113 g	227 g
Beef Stock Reduction	1	2
Green Peas	113 g	227 g
Garlic	6 g	12 g
Soy Sauce	9 g	18 g
Sour Cream	45 g	90 g
Carrot	170 g	340 g
Herbes de Provence	1 tsp	1 tsp
Tomato Sauce Base	62 g	113 g
Gravy Spice Blend	2 tbsp	4 tbsp

## get started

Preheat the oven to a high broil. Start preparing the recipe when the oven is ready.

### cooking tools

- Vegetable Peeler
- Large Pan
- Colander
- Measuring Spoons
- Potato Masher
- Medium Pot
- Measuring Cups
- 8x8-Inch Baking Dish

### pantry items

- Cooking Oil
- Salt & Pepper
- Butter

### \*chef's tip

If you have a large oven-safe pan, this is a good opportunity to use it! In step 5, instead of transferring the beef mixture into a casserole dish, top the mixture with the sweet potatoes right in the pan you cooked with.

Full nutritional information is provided on the meal kit bag.

\*\* Health Canada recommends cooking beef to a minimum internal temperature of 160°F.

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### 1 Make Sweet Potato Mash

- Read the entire recipe card.
- Peel and cut **sweet potatoes** into small pieces.
- In a medium pot, add the **sweet potatoes** and add enough **water** to cover by 1 inch. Season with  $\frac{1}{2}$  **tsp salt** (double for 4 portions).
- Bring to a boil over high heat.
- Once boiling, reduce heat to medium and cook for 8-12 min, until **sweet potatoes** are tender.
- Strain and return the **sweet potatoes** to the pot. Add **sour cream** and **1 tbsp butter** (double for 4 portions). Mash until creamy. Season with **salt** and **pepper**.



### 3 Start Shepherd's Pie Filling

- In a large pan, heat **1 tbsp oil** (double for 4 portions) over medium-high heat.\*
- When the pan is hot, add **onions** and **carrots**.
- Cook, stirring occasionally, for 5-6 min, until **carrots** are softened. Season with **salt** and **pepper**.
- Add **beef**. Cook, breaking up meat with a spoon, for 3-4 min, until no pink remains.\*\* Season with **salt** and **pepper**.



### 5 Assemble and Bake Shepherd's Pie

- In an 8x8-inch baking dish (9x13-inch baking dish for 4 portions), add **shepherd's pie filling**.
- Use a spoon to dollop **mashed sweet potatoes** over top, spreading into an even layer.
- Broil on the top rack of oven for 4-6 min, until golden and slightly crisp on top.
- Meanwhile, thinly slice **chives**.
- Serve **shepherd's pie** with **chives** sprinkled over top.
- Enjoy!



### 2 Prepare Ingredients

- Meanwhile, wash and dry all remaining produce.
- Halve and small dice **onion**.
- Mince **garlic**.
- Peel and small dice **carrot**.



### 4 Finish Shepherd's Pie Filling

- Add **tomato sauce base**, **minced garlic**, **Gravy Spice Blend** and **half the Herbes de Provence** (use all the Herbes de Provence for 4 portions).
- Cook for 30 sec, stirring to toast.
- Add **soy sauce**, **green peas**, **beef stock reduction** and **1 cup water** (double for 4 portions). Stir to combine.
- Reduce the heat to medium-low. Cook for 2-3 min, stirring occasionally, until thickened. Season with **salt** and **pepper**. (NOTE: If too thick, add water, 1 tbsp at a time, until desired consistency is reached)