Vegetarian Shepherds Pie

Prep Time: 20 min
Cook Time : 35 min
Serves: 8

NUTRITION FACTS, PER SERVING:
372 calories
10.89 total grams of fat
675 mg of sodium

INGREDIENTS: ** *Items not included in kit*

- 2 tablespoons olive oil**
- 3 shallots, minced (1/2 cup)
- 1 clove of garlic, minced
- 16 ounces fresh mushrooms, sliced
- 6 carrots, peeled and chopped (about 2 cups)
- 1 sprig of rosemary
- 1 sprig fresh thyme
- 1 bay leaf
- 2 tablespoons tomato paste
- 2 tablespoons flour
- 1/2 cup red wine**
- 1-2 cups veggie broth (start with 1 1/2 cups and add more if needed. You want a thick gravy consistency)
- 1 teaspoon salt (more or less to taste)**
- 2 cups frozen peas
- 6 Yukon gold potatoes (about 2 pounds)
- 1/2 cup full fat Greek yogurt
- 1/4 cup butter **

DIRECTIONS:

1. Peel the **potatoes**. Boil potatoes in water with a pinch of salt until fork tender (you want them to mash easily). Drain, mash, and mix in **yogurt** and **butter**. Season with **salt** and **pepper** to taste.

2. In a large nonstick skillet, heat the **oil** over medium heat. Add **shallots** and sauté until fragrant. Add **mushrooms**, **carrots**, and **whole herbs** *(you will pull the herbs out later)*. Sauté until carrots are softened.

3. Add **tomato paste** and **flour** to the skillet and stir. Pour in the **red wine** and scrape all the browned bits off the bottom of the pan. Let the wine cook out for a minute or two. Slowly add the **broth (start with 1 1/2 cups)** , stirring it in until a gravy starts to form. Season with **salt**. Simmer over low heat to get it thickened even further.

4. Preheat oven to 350 degrees.

5. Remove the **herbs**. Stir in the **peas**.

6. Put the **vegetable mixture** in a 9x11 baking dish spread the **mashed potatoes** on top and bake for 15 minutes at 350.

7. Set the oven to broil and broil for a few minutes to get it nice and brown on top.

8. Let it rest for 5 minutes before serving.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Pasta with Charred Broccoli, Feta and Lemon

Prep Time: 15 min.
Cook Time : 35 min.
Serves: 4
NUTRITION FACTS, PER SERVING:

408 calories
17 g total fat
637 mg of sodium

INGREDIENTS: **Items not included in kit*

- 4 cups small broccoli florets
- 3 tablespoons olive oil, divided**
- 2 1/4 teaspoons kosher salt, divided **
- 1/2 teaspoon crushed red pepper
- 8 ounces uncooked strozzapreti or mezze penne pasta
- 2 garlic cloves, thinly sliced
- 1 1/2 tablespoons all-purpose flour**
- 1/2 cup whole milk** (you can use 2% milk)
- 3 ounces feta cheese, crumbled (about 3/4 cup)
- 1 tablespoon grated lemon rind
- 1/4 teaspoon freshly ground black pepper **
- 1/4 teaspoon sea salt (optional)**

DIRECTIONS:

1. Preheat oven to 425°F.

2. Combine **broccoli, 1 1/2 tablespoons oil, 1/4 teaspoon kosher salt, and crushed red pepper** on a baking sheet; spread in a single layer. Bake at 425°F for 20 to 25 minutes or until broccoli is charred and browned in spots, stirring after 15 minutes.

3. Bring a large saucepan filled with **water** and remaining 2 teaspoons **koshe**r salt to a boil. Add **pasta**, and cook 7 to 8 minutes or until al dente. Drain in a colander over a bowl, **reserving 3/4 cup cooking liquid**.

4. Heat remaining **1 1/2 tablespoons oil and garlic** in a large skillet over medium-low. Cook 2 minutes or until garlic is golden, stirring occasionally. Sprinkle **flour** over pan; cook 30 seconds, stirring constantly. Gradually add **reserved 3/4 cup pasta cooking liquid and milk to pan**, stirring constantly with a whisk. Stir in **feta**; cook 3 minutes or until feta begins to melt and sauce is slightly thickened. Add **broccoli**, **pasta**, and **grated lemon rind**; toss. Divide pasta mixture among 4 bowls and serve.

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