



# Carb Smart Creamy Beef Casserole

with Cauliflower, Mushrooms and Parmesan Topping

Carb Smart

30 Minutes



Ground Beef



Cauliflower, florets



Italian Breadcrumbs



Parmesan Cheese, shredded



Mushrooms



Cream Cheese



Green Onions



Garlic Puree



Baby Spinach

HELLO CREAM CHEESE

*This versatile, creamy soft cheese is great for both sweet and savoury applications!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Colander, measuring spoons, measuring cups, large pot, large non-stick pan, 8x8-inch baking dish

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Cauliflower, florets	285 g	570 g
Italian Breadcrumbs	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Mushrooms	113 g	227 g
Cream Cheese	86 g	172 g
Green Onions	2	4
Garlic Puree	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep

Add **10 ½ cups hot water** and **1 tbsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. While **water** comes to a boil, cut **cauliflower** into bite-sized pieces. Thinly slice **mushrooms**. Thinly slice **green onions**.

2



## Start casserole

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **beef, mushrooms** and **half the green onions**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 3-4 min.\*\* Season with **salt** and **pepper**.

3



## Cook cauliflower

While **beef** cooks, add **cauliflower** to the **boiling water**. Cook, stirring occasionally, until tender, 2-3 min. Reserve **½ cup cooking water** (dbl for 4 ppl), then drain.

Good idea for cauliflower

4



## Finish veggies

Add **garlic puree** and **spinach** to the pan. Cooking, stirring often, until **spinach** wilts, 1-2 min. Remove pan from heat, then add **cream cheese** and **reserved cooking water**, then stir to combine. Add **cauliflower**. Season with **salt** and **pepper**, then stir to combine.

5



## Bake casserole

Transfer **beef and cauliflower mixture** to an 8x8-inch baking dish (9x13-inch for 4 ppl). Sprinkle **Italian breadcrumbs** and **Parmesan** over top. Bake in the **middle** of the oven, until **cheese** is golden-brown and melted, 5-6 min.

6



## Finish and serve

Divide the **beef and cauliflower casserole** between plates. Sprinkle **remaining green onions** over top.

## Dinner Solved!