



LOW CARB

KETO-FRIENDLY

Beef Meatball Stroganoff

with Mushrooms & Cauliflower Mash



30-40min



4 Servings

We've taken stroganoff, one of the ultimate comfort foods, and made it keto-friendly without sacrificing any of the craveable flavors. Tender beef meatballs are seared to form a tasty crust then simmered in a decadent mascarpone sauce with onions and mushrooms. It's all served over a creamy cauliflower mash, and finished with dill for a fresh, herby pop.

What we send

- beef broth concentrate
- white button mushrooms
- dijon mustard ¹⁷
- cauliflower
- ground beef
- mascarpone cheese ⁷
- fresh dill
- yellow onion

What you need

- kosher salt & ground pepper
- milk ⁷
- olive oil

Tools

- ovenproof skillet
- pot
- potato masher or fork

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 59g, Carbs 14g, Proteins 23g



1. Make cauliflower mash

Cut **cauliflower** into 1-inch florets. Transfer to a large pot filled with **salted water**. Cover, bring to a boil, then simmer until tender, about 15 minutes. Drain well; return to pot, and using a potato masher or fork, mash cauliflower with **3 tablespoons each butter and milk**. Season to taste with **salt and pepper**. Cover to keep warm.



4. Cook mushrooms

Add **1 tablespoon oil, mushrooms, and a pinch each salt and pepper** to same skillet. Cook over medium-high, stirring, until golden brown, about 7 minutes. Transfer mushrooms to a plate. Reserve skillet.



2. Prep ingredients

While **cauliflower** cooks, peel and finely chop **onion**. Wipe **mushrooms** clean, then thinly slice caps. In a liquid measuring cup, whisk together **mascarpone, beef broth concentrate, mustard, and 1½ cups water**. Coarsely chop **dill fronds and stems** together.



5. Cook meatballs

To bowl with **onions**, add **beef, 2 teaspoons salt, 2 large eggs, and a few grinds pepper**. Knead or stir to combine (mixture will be wet). Form into **16 meatballs**. Heat 1 tablespoon oil in same skillet over medium-high. Add meatballs, in batches if necessary; cook, turning, until browned but not cooked through, about 5 minutes. Tilt skillet to pour off fat.



3. Cook onion

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **onions and a pinch each salt and pepper**, and cook, stirring occasionally, until tender and lightly browned, about 5 minutes. Transfer to a medium bowl.



6. Finish & serve

Add **mascarpone mixture and mushrooms** to skillet. Bring **sauce** to a simmer and cook over medium-high heat, basting **meatballs** with a spoon until **sauce** is reduced to 6 cups and meatballs are cooked through, 10-12 minutes. Serve **meatballs** on top of **cauliflower mash** with **mushrooms and sauce** spooned over top. Sprinkle with **chopped dill**. Enjoy!