



Beef Meatballs and Savoury Thyme Gravy

with Roasted Potatoes and Sugar Snap Peas

Family Friendly 30-40 Minutes

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



↻ Swap	↻ Swap
Ground Turkey 250 g 500 g	Plant-Based Ground Protein 250 g 500 g

Ground Beef 250 g 500 g	Yellow Potato 350 g 700 g

Sugar Snap Peas 113 g 227 g	Yellow Onion ½ 1

Parsley and Thyme 7 g 7 g	Garlic, cloves 2 4

Italian Breadcrumbs ¼ cup ½ cup	Beef Broth Concentrate 1 2

Beef Stock Powder 1 tbsp 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Milk, unsalted butter, sugar, oil, salt, pepper, all-purpose flour

Cooking utensils | Baking sheet, measuring spoons, large bowl, parchment paper, measuring cups, large non-stick pan

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then roughly chop.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **half the thyme** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast **potatoes** in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 25-28 min.

2



Prep

- Meanwhile, roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Combine **breadcrumbs**, **broth concentrate** and **3 tbsp** (6 tbsp) **milk** in a large bowl. (**TIP:** Be sure to mix the breadcrumb mixture evenly for better-flavoured meatballs throughout!)

3



Form and roast meatballs

- [Swap](#) | **Ground Turkey**
- [Swap](#) | **Plant-Based Ground Protein**
- Add **beef** and **half the garlic** to the bowl with **breadcrumb-milk mixture**. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll into **12 equal-sized meatballs** (24 meatballs for 4 ppl). Arrange on a parchment-lined baking sheet.
- Roast in the **top** of the oven, until golden-brown and cooked through, 10-12 min.**

4



Cook snap peas

- Meanwhile, trim **snap peas**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **snap peas**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer to a plate, then cover to keep warm.

5



Make gravy

- Reheat the same pan over medium.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **beef stock powder**, **remaining garlic**, **remaining thyme** and ½ **tbsp** (1 tbsp) **flour**.
- Cook, stirring often, until **onions** are coated, 1 min.
- Add ⅓ **cup** (1 ⅓ cups) **water** and ¼ **tsp** (½ tsp) **sugar**. Bring to a simmer.
- Simmer, stirring often, until **gravy** reduces slightly, 2-3 min.
- Add **half the parsley**. Stir to mix. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **meatballs**, **roasted potatoes** and **snap peas** between plates.
- Spoon **thyme gravy** over **meatballs**.
- Sprinkle **remaining parsley** over **potatoes**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Form and roast meatballs

[Swap](#) | **Ground Turkey**

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.**

3 | Form and roast meatballs

[Swap](#) | **Plant-Based Protein**

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef**.**

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



Issue with your meal? Scan the QR code to share your feedback.