



Beef-Thyme Meatballs and Onion Gravy

with Smashed Potatoes and Green Beans

30 Minutes



Ground Beef



Yellow Potato



Onion, sliced



Beef Broth Concentrate



Thyme



Green Beans



All-Purpose Flour



Garlic Salt



Italian Breadcrumbs

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

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

Bust out

Baking sheet, measuring spoons, potato masher, strainer, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Potato	300 g	600 g
Onion, sliced	113 g	226 g
Beef Broth Concentrate	2	4
Thyme	7 g	7 g
Green Beans	170 g	340 g
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Italian Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	4 tbsp	8 tbsp
Milk*	4 tbsp	8 tbsp
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Boil potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.



Cook green beans

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **green beans, 1 tbsp butter, ¼ tsp garlic salt** and **¼ cup water** (dbl all for 4 ppl). Cook, stirring occasionally, until **water** evaporates and **green beans** are tender-crisp, 4-5 min.
- Season with **pepper**.
- Transfer **green beans** to a plate, then cover to keep warm.



Prep

- Meanwhile, combine **breadcrumbs** and **1 tbsp milk** (dbl for 4 ppl) in a large bowl. Set aside.
- Strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop.
- Trim **green beans**.



Make onion gravy

- Add **1 tbsp butter** (dbl for 4 ppl) to the same pan, then swirl the pan until melted.
- Add **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Sprinkle **flour** over **onions**. Cook, stirring often, until coated, 30 sec.
- Stir in **broth concentrate, remaining thyme** and **¾ cup water** (dbl for 4 ppl). Cook, stirring often, until **gravy** thickens, 1-3 min.
- Remove the pan from heat.
- Season **gravy** with **salt** and **pepper**, to taste, then stir to combine.



Form and roast meatballs

- Add **beef, half the thyme** and **¼ tsp garlic salt** (dbl for 4 ppl) to the large bowl with **breadcrumb mixture**. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on an unlined baking sheet.
- Roast in the **bottom** of the oven until golden and cooked through, 8-10 min.**



Finish and serve

- Roughly mash **2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season **smashed potatoes** with **salt** and **pepper**, to taste.
- Divide **smashed potatoes, green beans** and **meatballs** between plates.
- Pour **onion gravy** over **meatballs**.

Dinner Solved!