



Bourguignon-Style Beef Meatballs

with Creamy Mash and Rosemary

35 Minutes



Ground Beef



Beef Broth Concentrate



Yellow Onion



Rosemary



Russet Potato



Cream



Italian Breadcrumbs



All-Purpose Flour



White Cooking Wine



Tomato Sauce Base



Mushrooms



Carrot



Baby Spinach

HELLO BOURGUIGNON

A classic French bistro dish consisting of slow-braised beef!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beef Broth Concentrate	1	2
Yellow Onion	56 g	113 g
Rosemary	1 sprig	1 sprig
Russet Potato	460 g	920 g
Cream	56 ml	113 ml
Italian Breadcrumbs	¼ cup	½ cup
All-Purpose Flour	1 tbsp	2 tbsp
White Cooking Wine	4 tbsp	8 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Mushrooms	113 g	227 g
Carrot	170 g	340 g
Baby Spinach	56 g	113 g
Butter*	3 tbsp	6 tbsp
Milk*	2 tbsp	4 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.

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Cook potatoes

Peel, then cut **potatoes** into ½-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.



Cook veggies

While **meatballs** bake, heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **carrots, mushrooms, onions** and **remaining rosemary**. Cook, stirring occasionally, until softened, 5-6 min. Season with **salt** and **pepper**. Add **spinach**. Stir until wilted, 1 min.



Prep

While **potatoes** boil, thinly slice **mushrooms**. Strip **1 tbsp rosemary leaves** (dbl for 4 ppl) from stems, then finely chop. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl). Peel, then halve **carrot** lengthwise, then cut into ¼-inch pieces.



Make gravy

Add **flour** and **tomato sauce base** to the pan with **veggies**. Cook, stirring often, until coated, 1-2 min. Add **white cooking wine, 1 cup water** (dbl for 4 ppl), **cream** and **broth concentrate**. Cook, stirring often, until **gravy** thickens, 3-4 min. Season with **salt** and **pepper**.



Prep and bake meatballs

Add **beef, breadcrumbs, half the rosemary** and **2 tbsp milk** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Transfer **meatballs** to a parchment-lined baking sheet. Bake in **middle** of the oven until cooked through, 12-14 min.**



Finish and serve

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**. Divide **mash** between plates. Top with **meatballs**, then spoon **gravy** over **meatballs**.

Dinner Solved!