



Classic Beef Porcupine Meatball Stew with Green Peas

Family Friendly

35 Minutes



Ground Beef



Parboiled Rice



Green Peas



Leek, sliced



Garlic



Thyme



Mirepoix



All-Purpose Flour



Beef Broth Concentrate

HELLO MIREPOIX

A mixture of chopped onions, carrots and celery

Start here

Before starting, wash and dry all produce.

Bust Out

Measuring spoons, large bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Parboiled Rice	¾ cup	1 ½ cup
Green Peas	½ cup	¾ cup
Leek, sliced	56 g	113 g
Garlic	6 g	12 g
Thyme	7 g	7 g
Mirepoix	113 g	227 g
All-Purpose Flour	1 tbsp	2 tbsp
Beef Broth Concentrate	2	4
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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.

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Prep and make meatballs

Strip **1 tbsp thyme** (dbl for 4 ppl) from the stems. Peel, then mince or grate the **garlic**. Mix together **beef, garlic, half the thyme** and **half the rice** in a large bowl. Season with **¼ tsp salt** and **½ tsp pepper** (dbl both for 4 ppl). Roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl).



Cook meatballs

Add the **broth concentrates** and **5 cups water** (dbl for 4 ppl). Bring to a boil over high heat. Once boiling, using a spoon, carefully add the **meatballs** to the **stew**. Reduce heat to medium. Cook for 10 minutes, then add peas.



Cook veggies

Heat a large pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt. Add the **mirepoix** and **leeks**. Cook, stirring occasionally, until slightly softened, 3-4 min. Season with **salt** and **pepper**.



Finish and serve

Continue cooking, until **rice** is tender and **meatballs** are cooked through, 5-10 min.** Season with **salt** and **pepper**. Remove from heat. Divide **stew** between plates.

Dinner Solved!



Add rice

Sprinkle **flour** over the **veggies**. Cook, stirring often, until **veggies** are coated, 1 min. Add **remaining rice** and **remaining thyme**. Cook, stirring often, until fragrant, 30 sec. Season with **salt** and **pepper**.