















# Meatballs in Caramelized Onion Gravy with German-Style Apple-Potato Mash

Family Friendly 40 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to double the beef, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

-  Ground Beef
-  Double Ground Beef
-  Panko Breadcrumbs
-  Worcestershire Sauce
-  Dijon Mustard
-  Russet Potato
-  Gala Apple
-  Yellow Onion
-  Beef Broth Concentrate
-  Gravy Spice Blend
-  Cheddar Cheese, shredded
-  Broccoli, florets

## Start here

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

## Bust out

2 Baking sheets, 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
Double Ground Beef	500 g	1000 g
Panko Breadcrumbs	¼ cup	½ cup
Worcestershire Sauce	1 tbsp	2 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Russet Potato	460 g	920 g
Gala Apple	1	2
Yellow Onion	113 g	226 g
Beef Broth Concentrate	1	2
Gravy Spice Blend	2 tbsp	4 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Broccoli, florets	227 g	454 g
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
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 and apples

- Peel, then cut **potatoes** into 1-inch pieces.
- Peel, core, then cut **apple** into 1-inch pieces.
- Add **potatoes, apples, 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-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes and apples** to the same pot, off heat.
- Mash **2 tbsp butter** (dbl for 4 ppl) into **potatoes and apples** until smooth. Season with **salt** and **pepper**, to taste.



## Roast broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Add **broccoli** and **1 tbsp oil** (dbl for 4 ppl) to another parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender and golden-brown, 12-14 min.
- Carefully remove **broccoli** from the oven. Sprinkle **cheese** over top, then continue to roast until **cheese** melts, 1-2 min.



## Cook meatballs

- Meanwhile, add **beef, panko, Dijon, half the Worcestershire sauce** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on a parchment-lined baking sheet. Bake in the **top** of the oven until golden-brown and cooked through, 10-12 min.\*\*

If you've opted for **double beef**, add an extra **¼ tsp salt** (dbl for 4 ppl) to the **beef mixture**. (TIP: For 4 ppl, if you prefer a firmer meatball, add 2 eggs to the mixture!) Roll **mixture** into **16 equal-sized meatballs** (32 for 4 ppl).



## Make caramelized onion gravy

- Meanwhile, sprinkle **Gravy Spice Blend** over **caramelized onions**. Cook, stirring often, until **onions** are coated, 30 sec.
- Gradually stir in **¾ cup water** (dbl for 4 ppl), **broth concentrate** and **remaining Worcestershire sauce** until smooth.
- Increase heat to medium-high. Cook, stirring occasionally, until **gravy** comes to a simmer.
- Simmer, stirring occasionally, until **gravy** thickens slightly, 3-4 min. Season with **salt** and **pepper**, to taste.



## Caramelize onions

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, peel, then cut **onion** into ¼-inch slices.
- When the pan is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **onions**. Cook, stirring occasionally, until golden-brown, 8-10 min. Season with **salt** and **pepper**.



## Finish and serve

- Add **meatballs** to the pan with **gravy**. Gently stir to coat.
- Divide **mash** and **broccoli** between plates.
- Arrange **meatballs** on mash. Spoon **caramelized onion gravy** over **meatballs**.

## Dinner Solved!