



Greek Meatball Stew

with Spinach and Sweet Potato in Tomato Broth

Carb Smart

25 Minutes



Ground Beef



Mediterranean Spice Blend



Baby Spinach



Roma Tomato



Beef Broth Concentrate



Lemon



Parmesan Cheese



Sweet Potato



Mirepoix



Tomato Sauce

HELLO LEMON ZEST

Punch up the flavour with a sprinkle of lemon zest!

Start here

Before starting, wash and dry all produce.

Bust Out

Vegetable peeler, measuring spoons, zester, large bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Roma Tomato	80 g	160 g
Beef Broth Concentrate	1	2
Lemon	1	1
Parmesan Cheese	28 g	56 g
Sweet Potato	170 g	340 g
Mirepoix	113 g	227 g
Tomato Sauce	2 tbsp	4 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Form meatballs

Combine **beef**, **Mediterranean Spice Blend**, **half the Parmesan**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a large bowl. Mix thoroughly to combine. Form into **8 equal meatballs** (16 for 4 ppl) and transfer to a plate.



Prep

Peel, then cut **sweet potato** into ½-inch pieces. Cut **tomato** into ½-inch pieces. Zest, then cut **lemon** into wedges.



Start stew

Heat a large pot over medium-high heat. When hot, add **2 tsp oil** (dbl for 4 ppl) and **mirepoix**. Cook, stirring until **veggies** soften, 1-2 min. Add **tomato sauce** and **tomatoes**. Cook, stirring often, for 1 min. Add **sweet potatoes**, **beef broth concentrate**, **2 cups water** and **½ tsp salt** (dbl both for 4 ppl). Bring to a boil, then reduce heat to medium-low and let come to a gentle simmer.



Add meatballs

Carefully lower **meatballs**, **one** at a time into the **stew**. Cover and simmer, gently stirring occasionally. Cook until **veggies** are tender and **meatballs** are cooked through, 10-12 minutes.**



Add spinach

Add **spinach** to **stew** and stir until wilted, 2-3 min.



Finish and serve

Ladle **stew** into bowls. Sprinkle with **remaining Parmesan** and **lemon zest**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!