



Hearty Meatball and Mushroom Stew

with Roasted Garlic Parmesan Mash

Family

35 Minutes



Ground Beef



Italian Breadcrumbs



Parmesan Cheese



Mirepoix



Mushrooms



Green Peas



Garlic



Russet Potato



Beef Broth Concentrate



Soy Sauce



All-Purpose Flour

HELLO ROASTED GARLIC

Roasting garlic softens and caramelizes the flavour.

Start here

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

Bust Out

Baking sheet, measuring spoons, potato masher, strainer, aluminum foil, medium pot, large bowl, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Italian Breadcrumbs	¼ cup	¼ cup
Parmesan Cheese	¼ cup	½ cup
Mirepoix	113 g	227 g
Mushrooms	227 g	454 g
Green Peas	56 g	113 g
Garlic	6 g	12 g
Russet Potato	460 g	920 g
Beef Broth Concentrate	1	2
Soy Sauce	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	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.

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Boil potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **1 tsp salt** and enough **water** (approx 1 inch) to cover in a medium pot (use all for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until the **potatoes** are fork-tender, 10-12 min.



Start stew

While **meatballs** and **garlic** cook, heat a large pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then the **mirepoix** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min. Season with **salt** and **pepper**, then sprinkle over **flour**. Cook, stirring often, until **veggies** are coated, 1-2 min. Add **broth concentrate**, **soy sauce** and **¾ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until slightly thickened, 5-6 min.



Prep

While **potatoes** cook, thinly slice **mushrooms**. Wrap the **garlic** in foil, then set aside. Combine the **beef**, **breadcrumbs** and **half the Parmesan** in a large bowl. Season with **¼ tsp salt** (dbl for 4 ppl) and **pepper**.



Mash potatoes

When the **potatoes** are tender, drain and return to the same pot. Remove **roasted garlic** from the foil and gently squeeze to release from peel. Using a masher, mash in **roasted garlic**, **remaining Parmesan**, **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl), until creamy. Season with **salt** and **pepper**.



Bake meatballs and garlic

Roll **beef mixture** into **8 equal** meatballs (16 for 4 ppl), then place on a foil-lined baking sheet. Place the **garlic wrapped in foil** on the same baking sheet. Bake in the **middle** of the oven, until **meatballs** are cooked through** and **garlic** is tender, 8-10 min.



Finish and serve

Add the **meatballs** and **green peas** to the **stew**. Cook, stirring together to warm **peas** through, 1 min. Divide the **garlic Parmesan mash** between bowls. Top with the **meatball and mushroom stew**.

Dinner Solved!