



Hearty Meatball and Mushroom Stew

with Garlic Parmesan Mash

Family Friendly

35 Minutes



Ground Beef



Italian Breadcrumbs



Parmesan Cheese, shredded



Mirepoix



Mushrooms



Green Peas



Garlic Puree



Russet Potato



Beef Broth Concentrate



Soy Sauce



All-Purpose Flour

HELLO MIREPOIX

A classic flavour base made up of carrots, celery and onions!

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, large bowl, measuring cups, 2 large pots, vegetable peeler

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Italian Breadcrumbs	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Mirepoix	227 g	454 g
Mushrooms	113 g	227 g
Green Peas	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
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 74°C/165°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.

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Boil potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1 inch) in 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 **potatoes** are fork-tender, 10-12 min.



Start stew

While **meatballs** cook, heat another large pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mirepoix** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min. Season with **salt** and **pepper**, then sprinkle **flour** over top. Cook, stirring often, until **veggies** are coated, 1-2 min. Add **broth concentrate**, **soy sauce**, **peas** and **½ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until slightly thickened, 5-6 min.



Prep

While **potatoes** cook, thinly slice **mushrooms**. Combine the **beef**, **breadcrumbs** and **half the Parmesan** in a large bowl. Season with **¼ tsp salt** (dbl for 4 ppl) and **pepper**. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)



Mash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **garlic puree**, **remaining Parmesan**, **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**.



Bake meatballs

Form **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl), then arrange on a foil-lined baking sheet. Bake in the **middle** of the oven, until **meatballs** are cooked through, 8-10 min.**



Finish and serve

Add **meatballs** to **stew**. Stir gently to combine, 1 min. Divide **garlic Parmesan mash** between bowls. Top with **meatball and mushroom stew**.

Dinner Solved!