



Hearty Meatball and Mushroom Stew

with Roasted Garlic Parmesan Mash

Family Friendly 35 Minutes



Ground Beef



Italian Breadcrumbs



Parmesan Cheese, shredded



Mirepoix



Mushrooms



Green Peas



Garlic, cloves



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, vegetable peeler, 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	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Mirepoix	113 g	227 g
Mushrooms	113 g	227 g
Green Peas	56 g	113 g
Garlic, cloves	2	4
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*	¼ cup	½ cup
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 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

Peel, then cut **potatoes** into ½-inch pieces. Add **potatoes, 1 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium 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** and **garlic** roast, heat a 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 **stew** thickens slightly, 5-6 min.



Prep and roast garlic

While **potatoes** cook, thinly slice **mushrooms**. Arrange **garlic** on a small piece of foil, then drizzle with **½ tbsp oil** (dbl for 4 ppl). Wrap foil around **garlic** to create a sealed package. Place **garlic** directly on the **top** rack of the oven and roast until tender, 14-15 min.



Mash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Carefully remove **roasted garlic** from the foil, then peel. Mash **roasted garlic, remaining Parmesan, 1 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**.



Form and roast meatballs

While **garlic** roasts, add **beef, breadcrumbs** and **half the Parmesan** to a large bowl. Season with **¼ tsp salt** (dbl for 4 ppl) and **pepper**, then combine. (**NOTE:** If you prefer a firmer meatball, add an egg to the mixture!) Form **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl), then arrange on a foil-lined baking sheet. When **garlic** has been roasting for 5 min, roast **meatballs** in the **middle** of the oven until cooked through, 10-12 min.**



Finish and serve

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

Dinner Solved!