



Hearty Meatball and Mushroom Stew

with Roasted Garlic-Parmesan Mash

Family Friendly

30-40 Minutes



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Ground Beef



Italian Breadcrumbs



Parmesan Cheese,
shredded



Mirepoix



Mushrooms



Green Peas



Garlic, cloves



Russet Potato



Beef Broth
Concentrate



Beef Stock Powder



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	4	8
Russet Potato	460 g	920 g
Beef Broth Concentrate	1	2
Beef Stock Powder	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.

Contact

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1



Prep and cook potatoes

- Combine **breadcrumbs** and **1 tbsp milk** (dbl for 4 ppl) in a large bowl. Set aside.
- Peel, then cut **potatoes** into 1-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.

4



Start stew

- Meanwhile, 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.
- Reduce heat to medium.
- Sprinkle **flour** over **veggies**. Cook, stirring often, until coated, 1-2 min.
- Add **broth concentrate**, **peas**, **remaining beef stock powder** and **½ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **stew** thickens slightly, 5-6 min.

2



Prep and roast garlic

- Meanwhile, thinly slice **mushrooms**.
- Arrange **unpeeled garlic cloves** 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.

5



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 **cloves**.
- Mash **roasted garlic**, **remaining Parmesan**, **1 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy.
- Season with **salt** and **pepper**, to taste.

3



Form and roast meatballs

- Meanwhile, add **beef**, **half the Parmesan** and **half the beef stock powder** to the bowl with **breadcrumb mixture**. (**TIP:** If you prefer a more tender meatball, add an egg to the mixture!) Season with **salt** and **pepper**, then combine.
- Roll **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on a foil-lined baking sheet.
- Once **garlic** has roasted for 5 min, roast **meatballs** in the **middle** of the oven until cooked through, 10-12 min.**

6



Finish stew 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!