



Hearty Meatball and Mushroom Stew

with Roasted Garlic Parmesan Mash

Family Friendly

30-40 Minutes



-  Ground Beef
-  Ground Turkey
-  Italian Breadcrumbs
-  Parmesan Cheese, shredded
-  Aromatics Blend
-  Mushrooms
-  Green Peas
-  Garlic, cloves
-  Russet Potato
-  Beef Broth Concentrate
-  Beef Stock Powder
-  All-Purpose Flour

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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
Ground Turkey	250 g	500 g
Italian Breadcrumbs	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Aromatics Blend	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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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.



Start stew

- Meanwhile, heat a large pot over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **aromatics blend** 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.



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 package** 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 **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.



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.**

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to cook the **beef**.



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!