



Hearty Pork Meatballs and Mushroom Stew with Parmesan Mash

Family Friendly 30-40 Minutes



Ground Pork



Italian Breadcrumbs



Parmesan Cheese, shredded



Mirepoix



Mushrooms



Garlic, cloves



Green Peas



Russet Potato



Chicken Broth Concentrate



All-Purpose Flour



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HELLO GARLIC

Garlic varies in flavour from punchy and peppery when raw, to mild and sweet when roasted!

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, medium pot, large bowl, parchment paper, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Mirepoix	113 g	227 g
Mushrooms	113 g	227 g
Garlic, cloves	2	4
Green Peas	56 g	113 g
Russet Potato	460 g	920 g
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	2 ½ tbsp	5 tbsp
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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Cook potatoes

- Peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes, 2 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 fork-tender, 10-12 min.



Cook stew

- Meanwhile, heat a large pot over medium heat.
- When hot, add **1 ½ tbsp butter** (dbl for 4 ppl), then **remaining garlic, peas, mirepoix** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 4-5 min. Season with **salt** and **pepper**.
- Sprinkle **flour** over **veggies**. Cook, scraping up any brown bits on the bottom of the pot, until **veggies** are coated, 1-2 min.
- Add **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl). Cook, stirring occasionally, until **stew** thickens slightly, 2-4 min.
- Season with **salt** and **pepper**, to taste.



Prep

- Meanwhile, thinly slice **mushrooms**.
- Peel, then mince or grate **garlic**.
- Line a baking sheet with parchment paper.
- Add **pork, breadcrumbs, half the garlic** and **half the Parmesan** to a large bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Season with **¼ tsp salt** and **⅛ tsp pepper** (dbl both for 4 ppl), then combine.



Mash potatoes

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



Roast meatballs

- Roll **pork mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-13 min. **



Finish and serve

- Stir **meatballs** into **stew**.
- Divide **Parmesan mash** between bowls. Top with **stew**.

Dinner Solved!