



# Hearty Pork Meatball and Mushroom Stew with Parmesan Mash

Family Friendly

35 Minutes



**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!

- Ground Pork
- Minced Turkey
- Italian Breadcrumbs
- Parmesan Cheese, shredded
- Carrot
- Mushrooms
- Garlic, cloves
- Green Peas
- Russet Potato
- Chicken Broth Concentrate
- Soy Sauce
- All-Purpose Flour
- Yellow Onion
- Celery

### 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, measuring spoons, potato masher, strainer, medium pot, large bowl, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Minced Turkey	250 g	500 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Carrot	170 g	340 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
Soy Sauce	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Yellow Onion	56 g	113 g
Celery	3	6
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 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.*

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### Cook potatoes

Peel, then cut **potatoes** into ½-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 **potatoes** are fork-tender, 10-12 min.



### Cook stew

While **meatballs** bake, heat a large pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **garlic, carrots, onions, celery** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min. Season with **salt and pepper**, then sprinkle **flour** over **veggies**. Cook, stirring often, until **veggies** are coated, 1-2 min. Add **peas, broth concentrate, soy sauce** and **1 ¼ cups water** (dbl for 4 ppl). Cook, stirring occasionally, until **stew** thickens slightly, 5-6 min.



### Prep

While **potatoes** cook, thinly slice **mushrooms**. Peel, then cut **carrot** into ¼-inch pieces. Cut **celery** into ¼-inch pieces. Peel, then cut **half onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Add **pork, breadcrumbs** and **half the Parmesan** to a large bowl. Season with **½ tsp salt** (dbl for 4 ppl) and **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)



### CUSTOM RECIPE

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



### Mash potatoes

When **potatoes** are 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 **½ salt** (dbl for 4 ppl) and **pepper**.



### Bake meatballs

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



### Finish and serve

Stir **meatballs** into **stew**. Divide **Parmesan mash** between bowls. Top with **pork meatball and mushroom stew**.

## Dinner Solved!