



Hearty Pork Meatball and Mushroom Stew with Parmesan Mash

Family Friendly

35 Minutes



Ground Pork



Ground Turkey



Italian Breadcrumbs



Parmesan Cheese, shredded



Mirepoix



Mushrooms



Garlic, cloves



Green Peas



Russet Potato



Chicken Broth Concentrate



Soy Sauce



Gravy Spice Blend



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 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, large pot, measuring cups, parchment paper

Ingredients

	2 Person	4 Person
Ground Pork	250 g	500 g
Ground Turkey	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
Soy Sauce	1 tbsp	2 tbsp
Gravy Spice Blend	2 tbsp	4 tbsp
Unsalted Butter*	2 ½ tbsp	5 tbsp
Milk*	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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



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 ½ tbsp butter** (dbl for 4 ppl), then **garlic**, **mirepoix** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min. Season with **pepper**. Sprinkle **Gravy Spice Blend** over **veggies**. Cook, scraping up any brown bits on the bottom of the pot, 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 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 **salt** 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 **stew**.

Dinner Solved!