



# HERBY LAMB MEATBALLS WITH BUTTERY MASH

with Roasted Grape Pan Sauce

PRONTO



## HELLO GRAPES

Juicy, sweet and versatile!

TIME: 30 MIN



Ground Lamb



Balsamic Vinegar



Thyme



Garlic



Russet Potato



Brussels Sprouts



Italian Breadcrumbs



Red Onion, sliced



Beef Broth Concentrate



Red Grapes

## BUST OUT

- Peeler
- Measuring Spoons
- Large Pot
- Potato Masher
- Strainer
- Milk **2**  
( $\frac{1}{4}$  cup |  $\frac{1}{2}$  cup)
- Unsalted Butter **2**  
(2 tbsp | 4 tbsp)
- Baking Sheet
- Garlic Press
- Medium Bowl
- Large Non-Stick Pan
- Measuring Cups
- Salt and Pepper
- Olive or Canola Oil

## INGREDIENTS

2-person | 4-person

- Ground Lamb 250 g | 500 g
- Balsamic Vinegar **9** 1 tbsp | 2 tbsp
- Thyme 7 g | 14 g
- Garlic 6 g | 12 g
- Russet Potato 460 g | 920 g
- Brussels Sprouts 227 g | 454 g
- Italian Breadcrumbs **1,2,4,8,9**  $\frac{1}{4}$  cup |  $\frac{1}{2}$  cup
- Red Onion, sliced 56 g | 113 g
- Beef Broth Concentrate 1 | 2
- Red Grapes 170 g | 340 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 74°C/165°F.



## START STRONG

Preheat the oven to **425°F** (to roast meatballs and Brussels sprouts). Start prepping when the oven comes up to temperature!



### 1 COOK POTATOES

Wash and dry all produce.\* Peel, then cut **potatoes** into  $\frac{1}{2}$ -inch pieces. In a large pot, combine **potatoes**, **2 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approximately 1 inch). Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until **potatoes** are fork-tender, 10-12 min.



### 4 ROAST MEATBALLS

Heat a large non-stick pan over medium-high heat. When pan is hot, add  $\frac{1}{2}$  **tbsp oil** (dbl for 4 ppl), then **meatballs**. Sear, turning **meatballs** often, until golden all over, 4-5 min. Remove pan from heat. Transfer **meatballs** to the same baking sheet with **Brussels**. Continue roasting in **middle** of oven, until **meatballs** are cooked through and **Brussels** are tender, 6-8 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F.\*\*)

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### 2 ROAST SPROUTS

Meanwhile, cut **Brussels** in half. On a parchment-lined baking sheet, toss **Brussels** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in **middle** of oven, stirring halfway, until lightly brown, 18-20 min. Meanwhile, strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Peel, then mince or grate **garlic**. Halve **grapes**.



### 5 MAKE GRAPE SAUCE

Meanwhile, drain all but  $\frac{1}{2}$  **tbsp excess fat** (dbl for 4 ppl) from pan. Heat the same pan, with **excess fat**, over medium heat. When pan is hot, add **grapes**, **onions** and **remaining thyme**. Cook, stirring often, until **onions** soften, 3-4 min. Add **broth concentrate(s)**, **1 tbsp vinegar** (dbl for 4 ppl) and  $\frac{1}{2}$  **cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **grapes** soften and **mixture** is slightly reduced, 4-5 min. Season with **salt** and **pepper**.



### 3 MAKE MEATBALLS

In a medium bowl, combine **lamb**, **breadcrumbs**, **garlic**, and  $\frac{1}{2}$  **tbsp thyme** (dbl for 4 ppl). Season with  $\frac{1}{4}$  **tsp salt** (dbl for 4 ppl) and  $\frac{1}{4}$  **tsp pepper** (dbl for 4 ppl). Form **lamb mixture** into **8** equal-sized **meatballs**. (**NOTE:** For 4 ppl, make 16 meatballs.)



### 6 FINISH AND SERVE

When **potatoes** are fork-tender, drain and return them to the same pot. Using a fork or potato masher, mash **2 tbsp butter** (dbl for 4 ppl) and  $\frac{1}{4}$  **cup milk** (dbl for 4 ppl) into **potatoes**, until smooth. Season with **salt** and **pepper**. Divide **mash** and **Brussels** between plates. Top **mash** with **meatballs** and spoon over **grape pan sauce**.

### DOUBLE DUTY!

This pan sauce also goes great with pork and chicken!