



Meatballs in Caramelized Onion Gravy

with German-Style Apple-Potato Mash

35-45 Minutes



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Ground Beef



Panko Breadcrumbs



Worcestershire
Sauce



Dijon Mustard



Russet Potato



Gala Apple



Yellow Onion



Beef Broth
Concentrate



Gravy Spice Blend



Cheddar Cheese,
shredded



Broccoli, florets

HELLO WORCESTERSHIRE SAUCE

This condiment gives food a savoury je ne sais quoi!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Ground Beef | 250 g | 500 g |
| Panko Breadcrumbs | ¼ cup | ½ cup |
| Worcestershire Sauce | 1 tbsp | 2 tbsp |
| Dijon Mustard | 1 ½ tsp | 3 tsp |
| Russet Potato | 460 g | 920 g |
| Gala Apple | 1 | 2 |
| Yellow Onion | 113 g | 226 g |
| Beef Broth Concentrate | 1 | 2 |
| Gravy Spice Blend | 2 tbsp | 4 tbsp |
| Cheddar Cheese, shredded | ½ cup | 1 cup |
| Broccoli, florets | 227 g | 454 g |
| Unsalted Butter* | 3 tbsp | 6 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.

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1



Cook potatoes and apples

- Peel, then cut **potatoes** into 1-inch pieces.
- Peel, core, then cut **apple** into 1-inch pieces.
- Add **potatoes, apples, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes and apples** to the same pot, off heat.
- Mash **2 tbsp butter** (dbl for 4 ppl) into **potatoes and apples** until smooth. Season with **salt and pepper**, to taste.

4



Roast broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Add **broccoli** and **1 tbsp oil** (dbl for 4 ppl) to another parchment-lined baking sheet. Season with **salt and pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender and golden-brown, 12-14 min.
- Carefully remove **broccoli** from the oven. Sprinkle **cheese** over top, then continue to roast until **cheese** melts, 1-2 min.

2



Roast meatballs

- Meanwhile, line a baking sheet with parchment paper.
- Add **beef, panko, Dijon, half the Worcestershire sauce** and **¼ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **top** of the oven until golden-brown and cooked through, 10-12 min.**

5



Make caramelized onion gravy

- Meanwhile, sprinkle **Gravy Spice Blend** over **caramelized onions**. Cook, stirring often, until **onions** are coated, 30 sec.
- Gradually stir in **¾ cup water** (dbl for 4 ppl), **broth concentrate** and **remaining Worcestershire sauce** until smooth.
- Increase heat to medium-high. Cook, stirring occasionally, until **gravy** comes to a simmer.
- Simmer, stirring occasionally, until **gravy** thickens slightly, 3-4 min. Season with **salt and pepper**, to taste.

3



Caramelize onions

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, peel, then cut **onion** into ¼-inch slices.
- When the pan is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **onions**. Cook, stirring occasionally, until golden-brown, 8-10 min. Season with **salt and pepper**.

6



Finish and serve

- Add **meatballs** to the pan with **gravy**. Gently stir to coat.
- Divide **mash** and **broccoli** between plates.
- Arrange **meatballs** on **mash**. Spoon **caramelized onion gravy** over **meatballs**.

Dinner Solved!