



Salisbury Steak Meatballs

with Mushroom Gravy, Peas and Creamy Chive Smashed Potatoes

PRONTO 35 Minutes



Ground Beef



Yellow Potato



Cremini Mushrooms



Chives



Sour Cream



Green Peas



Onion, chopped



Beef Broth Concentrate



Dijon Mustard



All-Purpose Flour



Italian Breadcrumbs

HELLO SALISBURY STEAK MEATBALLS
An American classic of ground beef and gravy!

Start Strong

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

Bust Out

Baking Sheet, Large Bowl, Large Non-Stick Pan, Large Pot, Potato Masher, Strainer, Aluminum Foil, Colander, Measuring Spoons

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Potato	300 g	600 g
Cremini Mushrooms	227 g	454 g
Chives	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Green Peas	56 g	113 g
Onion, chopped	56 g	113 g
Beef Broth Concentrate	2	4
Dijon Mustard	1 ½ tsp	1 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	2 tbsp	¼ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. PREP

Cut **potatoes** into ½-inch pieces. Thinly slice **mushrooms**. Thinly slice **chives**.



2. COOK POTATOES

In a large pot, combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch). (**NOTE:** Use the same size pot, water and salt amount for 4ppl.) Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until the **potatoes** are fork-tender, 10-12 min.



3. PREP & BAKE MEATBALLS

While **potatoes** cook, crumble **beef** into a large bowl. Add **breadcrumbs** and **Dijon mustard**. Season with **pepper**. Roll **beef mixture** into equal 1 ½-inch sized meatballs (**NOTE:** You should have 8 for 2ppl or 16 for 4ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in **middle** of the oven, until cooked through, 12-14 min.**



4. COOK VEGGIES

While **meatballs** bake, heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mushrooms** and **onions**. Cook, stirring occasionally, until softened, 5-6 min. Season with **salt** and **pepper**.



5. MAKE MUSHROOM GRAVY

Add **flour** and cook, stirring often, until coated, 1-2 min. Add **1 cup water** (dbl for 4ppl) and **broth concentrate(s)** to the pan with **veggies**. Cook, stirring often, until **sauce** thickens, 3-4 min. Stir in **peas** and cook until heated through, 1-2 min. Season with **salt** and **pepper**.



6. FINISH & SERVE

When the **potatoes** are tender, drain and return to the same pot. Add **1 tbsp butter** and **sour cream**. Using a potato masher, mash together until creamy. Stir in **half the chives** and season with **salt** and **pepper**. Divide **mash** among plates. Top with **meatballs**, then spoon **mushroom gravy** over **meatballs**. Sprinkle with **remaining chives**.

Dinner Solved!