



Salisbury Steak Meatballs

with Mushroom Gravy, Peas and Smashed Potatoes

35 Minutes



Ground Beef



Yellow Potato



Mushrooms



Yellow Onion



Sour Cream



Green Peas



Beef Broth Concentrate



Dijon Mustard



All-Purpose Flour



Italian Breadcrumbs



Worcestershire Sauce

HELLO SALISBURY STEAK MEATBALLS

An American classic of ground beef and gravy!

Start here

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

Bust out

Baking sheet, 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
Yellow Potato	360 g	720 g
Mushrooms	113 g	227 g
Yellow Onion	113 g	226 g
Sour Cream	3 tbsp	6 tbsp
Green Peas	56 g	113 g
Beef Broth Concentrate	2	4
Dijon Mustard	1 ½ tsp	3 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Worcestershire Sauce	1 tbsp	2 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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Prep

Cut **potatoes** into 1-inch pieces. Slice **mushrooms**. Peel, then cut **onion** into ½-inch pieces.



Cook potatoes

Add **potatoes**, **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. Simmer uncovered until **potatoes** are fork-tender, 10-12 min.



Make meatballs

While **potatoes** cook, add **beef**, **breadcrumbs**, **Dijon**, **Worcestershire sauce** and **⅛ tsp salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a parchment-lined baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**



Cook veggies

While **meatballs** bake, heat a large non-stick pan over medium-high 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**.



Make mushroom gravy

Add **flour** to the pan with **veggies**. Cook, stirring often, until coated, 1-2 min. Add **1 cup water** (1 ½ cups for 4 ppl), **peas** and **broth concentrate**. Bring to a boil and cook, stirring often, until **sauce** thickens, 5-6 min. Season with **salt** and **pepper**.



Finish and serve

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Roughly mash **sour cream** and **1 tbsp butter** (dbl for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, then stir to combine. Divide **smashed potatoes** between plates. Top with **meatballs**, then spoon **mushroom gravy** over **meatballs**.

Dinner Solved!