




# Swedish Beyond Meat®-Balls

with Cremini Mushrooms and Spinach on Herby Pasta

**VEGGIE** 30 Minutes



-  Beyond Meat®
-  Cremini Mushrooms
-  Fusilli
-  Parsley
-  Dijon Mustard
-  Sour Cream
-  Vegetable Broth Concentrate
-  Panko Breadcrumbs
-  Shallot
-  All-Purpose Flour
-  Garlic
-  Baby Spinach

**HELLO BEYOND MEAT®**  
*You won't believe the the taste of this plant protein!*

# Start Strong

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

## Bust Out

Baking Sheet, Garlic Press, Large Non-Stick Pan, Large Pot, Box Grater, Aluminum Foil, Strainer, Measuring Cups, Measuring Spoons, Large Bowl

## Ingredients

	2 Person	4 Person
Beyond Meat®	2	4
Cremini Mushrooms	227 g	454 g
Fusilli	170 g	340 g
Parsley	7 g	14 g
Dijon Mustard	1 ½ tsp	3 tsp
Sour Cream	6 tbsp	12 tbsp
Vegetable Broth Concentrate	1	2
Panko Breadcrumbs	¼ cup	½ cup
Shallot	50 g	100 g
All-Purpose Flour	1 tbsp	2 tbsp
Garlic	3 g	6 g
Baby Spinach	56 g	113 g
Unsalted Butter*	2 tbsp	4 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 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

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## 1. PREP

Add **10 cups water** and **2 tsp salt** in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Thinly slice **mushrooms**. Roughly chop **parsley**. Peel, then using a box grater, coarsely grate **shallot**. Peel, then mince or grate **garlic**.



## 4. COOK MUSHROOMS

While **Beyond Meat®-balls** bake, heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mushrooms**. Cook, stirring occasionally, until softened, 5-6 min. Season with **salt** and **pepper**. Add **flour** and **remaining garlic**. Cook, stirring often, until coated, 1-2 min.



## 2. COOK FUSILLI

Add **fusilli** to the pot of **boiling water**. Cook, stirring occasionally, until tender, 9-10 min. Drain and return to the same pot, off heat.



## 5. FINISH MUSHROOMS

Add **¾ cup water** (dbl for 4 ppl), **broth concentrate** and **mustard** to the pan with **mushrooms**. Cook, stirring often, until **sauce** thickens, 2-3 min. Add **spinach** and stir until wilted, 1 min. Remove pan from the heat, then stir in **meatballs** and **sour cream**. Toss to combine. Season with **salt** and **pepper**.



## 3. MAKE BEYOND MEAT®-BALLS

While **fusilli** cooks, crumble **Beyond Meat®** into a large bowl. Add **shallot**, **panko**, **half the garlic** and **¼ tsp salt** (dbl for 4 ppl). Season with **pepper**. Roll **Beyond Meat® mixture** into equal 1 ½-inch sized meatballs (**NOTE:** You should have 8 for 2 ppl or 16 for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in **middle** of oven, until golden, 10-12 min.\*\*



## 6. FINISH AND SERVE

Toss **fusilli** with **half the parsley** and **1 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**. Divide **fusilli** between bowls, then top with **Beyond Meat®-balls**, **mushrooms** and **sauce**. Sprinkle over **remaining parsley**.

# Dinner Solved!