



# Meatballs in Caramelized Onion Gravy with German-Style Apple-Potato Mash

Family Friendly 40 Minutes



**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Ground Beef and Pork Mix



Ground Turkey



Panko Breadcrumbs



Worcestershire Sauce



Dijon Mustard



Russet Potato



Gala Apple



Red Onion



Chicken Broth Concentrate



All-Purpose Flour



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 and Pork Mix	250 g	500 g
Ground Turkey	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
Red Onion	113 g	226 g
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 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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## 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. 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.



## Roast broccoli

While **onions** caramelize, 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.



## Cook meatballs

While **potatoes and apples** cook, add **beef and pork mix, 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 a parchment-lined baking sheet. Bake in the **top** of the oven until golden-brown and cooked through, 10-12 min.\*\*

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef and pork mix**.



## Make caramelized onion gravy

While **broccoli** roasts, sprinkle **flour** over **caramelized onions**. Cook, stirring constantly, until **onions** are coated, 30 sec. Gradually stir in **1 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.



## Caramelize onions

While **meatballs** bake, 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**, to taste.



## 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!