



Veggie Black Bean and Mushroom 'Meatballs' with Tomato Sauce

Veggie 30 Minutes



Black Beans



Mushrooms



Cornstarch



Garlic Puree



Parsley



Pine Nuts



Italian Seasoning



Crushed Tomatoes
with Garlic and Onion



Baby Spinach



Yellow Onion



Ciabatta Roll



Garlic Salt

HELLO ITALIAN SEASONING

Our blend of hearty herbs and zesty garlic!

Start here

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

Bust out

2 Baking sheets, colander, measuring spoons, potato masher, silicone brush, large bowl, parchment paper, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Mushrooms	113 g	227 g
Cornstarch	4 tbsp	8 tbsp
Garlic Puree	1 tbsp	2 tbsp
Parsley	7 g	14 g
Pine Nuts	28 g	56 g
Italian Seasoning	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Baby Spinach	113 g	227 g
Yellow Onion	113 g	226 g
Ciabatta Roll	2	4
Garlic Salt	1 tsp	2 tsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Finely chop **mushrooms**. Peel, then cut **onion** into ¼-inch pieces. Drain, then rinse **beans**. Using a potato masher, mash **beans** in a large bowl until smooth. Set aside. Roughly chop **parsley**.



Cook tomato sauce

While **meatballs** bake, reheat the same pan (from step 2) over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring often, until softened, 2-3 min. Add **crushed tomatoes**, **remaining garlic salt**, **remaining Italian Seasoning** and **¼ tsp sugar** (dbl for 4 ppl). Cook, stirring often, until **tomato sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



Cook mushrooms

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring often, until **mushrooms** soften, 3-4 min. Remove the pan from heat. Let **mushrooms** cool slightly, 2-3 min.



Toast garlic bread

While **tomato sauce** cooks, halve **ciabatta**. Stir together **½ tbsp oil** (dbl for 4 ppl) and **remaining garlic puree** in a small bowl. Arrange **ciabatta** on an unlined baking sheet, cut-side up. Brush **garlic oil** over **ciabatta**. Bake **garlic bread** in the **top** of the oven until golden-brown, 5-6 min.



Make and bake meatballs

To the bowl with **mashed beans**, add **mushrooms**, **cornstarch**, **half the garlic salt**, **half the parsley**, **half the Italian Seasoning** and **half the garlic puree**. Season with **salt** and **pepper**, then combine. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a parchment-lined baking sheet. Drizzle **1 tbsp oil** (dbl for 4 ppl) over **meatballs**. Bake in the **middle** of the oven, flipping halfway through, until golden and cooked through, 8-10 min.



Finish and serve

Add **spinach** to **tomato sauce**. Stir until wilted, 1-2 min. Divide **tomato sauce** between bowls, then top with **black bean and mushroom 'meatballs'**. Sprinkle **pine nuts** and **remaining parsley** over top. Serve **garlic bread** on the side for dipping.

Dinner Solved!