



GRAVY-SMOTHERED MEATBALLS

over Thyme Mashed Potatoes with Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold Potatoes*



¼ oz | ½ oz
Thyme



2 | 4
Scallions



6 oz | 12 oz
Green Beans



1 | 2
Yellow Onion



1 Clove | 2 Cloves
Garlic



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Ground Beef



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Fry Seasoning



1 TBSP | 1 TBSP
Flour
Contains: Wheat



1 | 2
Beef Stock Concentrate

*The ingredient you received may be a different color.

HELLO

THYME

Whole sprigs infuse creamy mashed potatoes with earthiness while minced leaves add herbaceous flavor to savory gravy.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 820



ROUX THE DAY

In step 5, you'll make a roux (aka a flour-thickened sauce). This classic culinary technique is our chef's secret to a smooth and creamy gravy. Make sure to whisk the flour into your pan until evenly distributed, then continue whisking with the liquid until no lumps remain.

BUST OUT

- Medium pot
- Strainer
- Potato masher
- Medium bowl
- Baking sheet
- Large pan
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (3 TBSP | 5 TBSP)
Contains: Milk

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* Ground Beef is fully cooked when internal temperature reaches 160°.



1 PREP

- Adjust rack to top position (**middle and top positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry all produce.**
- Dice **potatoes** into ½-inch pieces. (**TIP: For a smoother texture, peel potatoes first.**) Strip **thyme leaves** from stems until you have 1 tsp (**2 tsp for 4**); mince leaves. Reserve remaining thyme sprigs for the next step. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Trim **green beans** if necessary. Halve, peel, and thinly slice **onion**. Peel and mince **garlic**.



4 ROAST MEATBALLS & BEANS

- Place **meatballs** on one side of a **lightly oiled** baking sheet. Toss **green beans** on empty side with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until meatballs are cooked through and green beans are browned and tender, 14-16 minutes. (**For 4 servings, divide between 2 sheets; roast meatballs on middle rack and green beans on top rack.**)



2 MAKE MASHED POTATOES

- Place **potatoes** and **reserved thyme sprigs** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil; cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot; remove and discard thyme sprigs. Mash with **sour cream** and **1 TBSP butter (2 TBSP for 4 servings)** until smooth, adding splashes of reserved potato cooking liquid as needed.
- Season with **salt** and **pepper**. Keep covered off heat until ready to serve.



5 MAKE GRAVY

- Meanwhile, melt **1 TBSP butter (2 TBSP for 4 servings)** in a large pan over medium-high heat. Add **onion**; cook, stirring, until softened, 7-9 minutes. Stir in **garlic** and **minced thyme**; cook until fragrant, 30 seconds.
- Add a **drizzle of oil, half the flour (all for 4)**, and **remaining Fry Seasoning**; cook, stirring, until lightly browned, 1-2 minutes.
- Whisk in **¾ cup water (1½ cups for 4)** and **stock concentrate**. Bring to a simmer, whisking, until thickened, 2-4 minutes.
- Reduce heat to low; stir in another **1 TBSP butter** until melted.



3 FORM MEATBALLS

- While potatoes cook, in a medium bowl, combine **beef***, **panko**, **scallion whites**, **half the Fry Seasoning** (you'll use the rest later), **1 TBSP water (2 TBSP for 4 servings)**, **¾ tsp salt (1½ tsp for 4)**, and a **pinch of pepper**.
- Form into 10-12 (**20-24 for 4**) 1½-inch meatballs.



6 FINISH & SERVE

- Season **gravy** with **salt** and **pepper**. Add **meatballs** and stir to coat. (**TIP: If gravy seems too thick, stir in a splash of water.**) Turn off heat.
- Divide **mashed potatoes** between plates; top with meatballs and gravy. Add **green beans** to the side. Garnish with **scallion greens** and serve.