



# Hearty Meatball and Mushroom Stew

## with Garlic Parmesan Mash

Family Friendly

35 Minutes



Ground Beef



Italian Breadcrumbs



Parmesan Cheese, shredded



Mirepoix



Mushrooms



Green Peas



Garlic Puree



Russet Potato



Beef Broth Concentrate



Soy Sauce



All-Purpose Flour

HELLO MIREPOIX

*A classic flavour base made up of carrots, celery and onions!*

## Start here

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

## Bust out

Baking sheet, measuring spoons, potato masher, strainer, aluminum foil, large bowl, measuring cups, 2 large pots, vegetable peeler

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Italian Breadcrumbs	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Mirepoix	227 g	454 g
Mushrooms	113 g	227 g
Green Peas	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Beef Broth Concentrate	1	2
Soy Sauce	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
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.*

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## Boil potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1 inch) in 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.



## Start stew

While **meatballs** cook, heat another large pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mirepoix** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min. Season with **salt** and **pepper**, then sprinkle **flour** over top. Cook, stirring often, until **veggies** are coated, 1-2 min. Add **broth concentrate**, **soy sauce**, **peas** and **½ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until slightly thickened, 5-6 min.



## Prep

While **potatoes** cook, thinly slice **mushrooms**. Combine the **beef**, **breadcrumbs** and **half the Parmesan** in a large bowl. Season with **¼ tsp salt** (dbl for 4 ppl) and **pepper**. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)



## Mash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **garlic puree**, **remaining Parmesan**, **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**.



## Bake meatballs

Form **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl), then arrange on a foil-lined baking sheet. Bake in the **middle** of the oven, until **meatballs** are cooked through, 8-10 min.\*\*



## Finish and serve

Add **meatballs** to **stew**. Stir gently to combine, 1 min. Divide **garlic Parmesan mash** between bowls. Top with **meatball and mushroom stew**.

## Dinner Solved!