



Salisbury Steaks in Onion Gravy

with Creamy Sweet Potato Mash and Roasted Broccoli

Family Friendly 25-35 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



 Ground Turkey 250 g 500 g	 Beyond Meat® 2 4
 Ground Beef 250 g 500 g	 Dijon Mustard ½ tbsp 1 tbsp
 Worcestershire Sauce 1 tbsp 2 tbsp	 Panko Breadcrumbs ¼ cup ½ cup
 Garlic Salt 1 tsp 2 tsp	 Yellow Onion 1 2
 Beef Broth Concentrate 2 4	 Cream Sauce Spice Blend 1 tbsp 2 tbsp
 Cream Cheese 1 2	 Broccoli 227 g 454 g
 Sweet Potato 2 4	

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.

Pantry items | Unsalted butter, oil, pepper, salt

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, potato masher, vegetable peeler

1



Prep

- Before starting, preheat the oven to 450 °F.
- Wash and dry all produce.
- Peel, then cut **sweet potatoes** into 1-inch pieces.
- Cut **broccoli** into bite-sized pieces.
- Peel, then cut **onion** into ¼-inch slices.

4



Roast broccoli

- Meanwhile, add **broccoli**, **1 tbsp** (2 tbsp) **oil** and **2 tbsp** (4 tbsp) **water** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast **broccoli** in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 10-12 min.

2



Cook sweet potatoes

- Add **sweet potatoes**, **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-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **cream cheese**, **1 tbsp** (2 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.

5



Make onion gravy

- Return the same pan (from step 3) to medium-high, then add **onions**. Cook, stirring occasionally, until **onions** start to caramelize, 3-4 min.
- Sprinkle **Cream Sauce Spice Blend** over **onions**. Cook, stirring often, until coated, 30 sec.
- Gradually stir in **1 ¼ cups** (2 ½ cups) **water**, **remaining Worcestershire sauce** and **remaining broth concentrates**. Season with **pepper** and **remaining garlic salt**. Bring to a simmer.
- Once simmering, return **patties** to the pan. Cook, flipping **patties** halfway, until cooked through and gravy thickens slightly, 4-5 min.** Remove the pan from heat.

3



Sear hamburger steaks

- ⌚ Swap | **Ground Turkey**
- ⌚ Swap | **Beyond Meat®**
- Heat a large non-stick pan over medium-high heat.
- While the pan heats, add **beef**, **panko**, **Dijon**, **half the Worcestershire**, **half the broth concentrates** and **half the garlic salt** to a medium bowl. Season with **pepper**, then combine.
- Form **mixture** into two 4-inch-wide **patties** (4 patties for 4 ppl).
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Pan-fry until golden-brown, 2-3 min per side.
- Transfer **patties** to a plate.

6



Finish and serve

- Divide **mashed sweet potatoes** and **broccoli** between plates.
- Top **potatoes** with **hamburger steaks**.
- Add **1 tbsp butter** to the pan with **onion gravy**, then stir until melted.
- Spoon **onion gravy** over **hamburger steaks**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Sear hamburger steaks

⌚ Swap | **Ground Turkey**

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

3 | Sear Beyond Meat® patties

⌚ Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. (**NOTE:** Save leftover ingredients for another use.) Cook it the same way the recipe instructs you to cook the **hamburger steaks****.

** Cook to a minimum internal temperature of 74°C/165°F.