



# Salisbury Steaks and Onion Gravy

## with Creamy Mash and Roasted Broccoli

Family Friendly 25-35 Minutes



Ground Pork 250 g | 500 g  
Beyond Meat® 2 | 4  
Ground Beef 500 g | 1000 g

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 Beef  
250 g | 500 g



Dijon Mustard  
½ tsp | 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



Russet Potato  
2 | 4



Cream Cheese  
1 | 2



Broccoli  
227 g | 454 g

**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

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## Prep

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

2



## Cook potatoes

- Add **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.

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, tossing halfway through, until tender and golden-brown, 10-12 min.

5



## Finish hamburger steaks

- Return the 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** 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 **patties** are cooked through and **gravy** thickens slightly, 4-5 min. **\*\*** Remove the pan from heat.

3



## Sear hamburger steaks

- ⌚ Swap | **Ground Pork**
- ⌚ Swap | **Beyond Meat®**
- ⌚ x2 Double | **Ground Beef**
- Heat a large non-stick pan over medium-high heat.
- Meanwhile, 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. (**NOTE:** Patties will finish cooking in step 5.)
- Transfer **patties** to a plate.

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## Finish and serve

- Divide **mashed 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 pork steaks

⌚ Swap | **Ground Pork**

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

## 3 | Sear Beyond Meat® steaks

⌚ Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. Cook and plate it the same way the recipe instructs you to cook and plate the **beef**.**\*\***

## 3 | Sear hamburger steaks

⌚ x2 Double | **Ground Beef**

If you've opted for double **beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Form into **four 4-inch-wide patties** (8 patties for 4 ppl). Follow with the rest of the recipe as written, cooking **patties** in batches, if needed.

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