

HELLO Salisbury Steaks in Onion Gravy FRESH with Crosmy Sweet Poteto Mash and Possted Broose

with Creamy Sweet Potato Mash and Roasted Broccoli

Family Friendly 25-35 Minutes





Customized Protein Add







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 🎥











Ground Beef 250 g | 500 g

Dijon Mustard 1/2 tbsp | 1 tbsp



Worcestershire Sauce



1 tbsp | 2 tbsp



Garlic Salt 1tsp 2tsp



1 2

Breadcrumbs

1/4 cup | 1/2 cup



Beef Broth Concentrate 2 4



Cream Sauce Spice Blend 1 tbsp | 2 tbsp



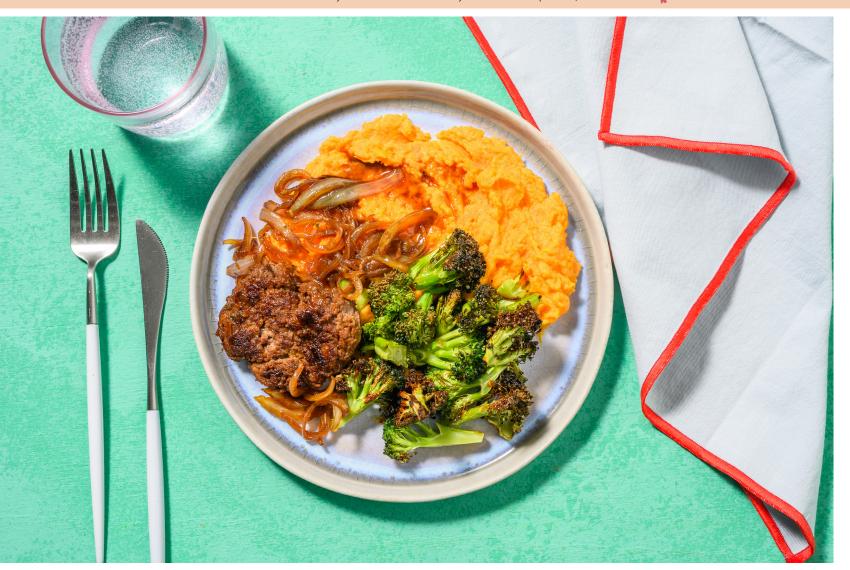
Cream Cheese 1 2



Broccoli 227 g | 454 g



Sweet Potato 2 | 4



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



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 1/4-inch slices.



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.



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.



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.



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.



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.

Measurements within steps

1 tbsp 2 person 4 person

oil Ingredient

3 | Sear hamburger steaks

O 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.**