



# Crispy Shallot Pork Croquettes

## with Mash, Gravy and Sautéed Brussels Sprouts

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](http://www.hellofresh.ca)



<b>↻</b> Swap	<b>↻</b> Swap
Mild Italian Sausage, uncased 250 g   500 g	Plant-Based Ground Protein 250 g   500 g

Ground Pork 250 g   500 g	Dijon Mustard ½ tbsp   1 tbsp

Panko Breadcrumbs ½ cup   ½ cup	Crispy Shallots 112 g   224 g

Chicken Broth Concentrate 1   2	Gravy Spice Blend 2 tbsp   4 tbsp

Brussels Sprouts 227 g   454 g	Garlic Salt 1 tsp   2 tsp

Yellow Potato 350 g   700 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, pepper, salt, milk

**Cooking utensils** | Baking sheet, colander, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, parchment paper, potato masher, shallow dish, vegetable peeler, whisk

1



### Cook potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use the 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 **2 tbsp** (3 tbsp) **butter** and **2 tbsp** (4 tbsp) milk into **potatoes**, until creamy. Season with **salt** and **pepper**, to taste.

4



### Sauté Brussels sprouts

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **Brussels sprouts**, **¼ cup** (½ cup) **water** and **1 tbsp** (1 ½ tbsp) **butter**. Season with **pepper** and **remaining garlic salt**.
- Cook, stirring occasionally, until **water** evaporates and **Brussels sprouts** are tender, 5-6 min.
- Transfer to a plate, then cover to keep warm.

2



### Prep

- Meanwhile, halve **Brussels sprouts** (quarter if large).
- Combine **panko** and **3 tbsp** (5 tbsp) **milk** in a large bowl. Set aside.
- Gently crush **crispy shallots** in packaging with your hands or a heavy-bottomed pan, until **shallots** are in fine crumbs.
- Transfer **crispy shallot crumbs** to a shallow dish.

5



### Make gravy

- Return the same pan to medium-high.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Sprinkle **remaining Gravy Spice Blend** over pan. Cook, whisking often, until combined, 30 sec.
- Gradually whisk in **¾ cup** (1 ¼ cups) **water** and **broth concentrate**. Bring to a simmer.
- Simmer, whisking occasionally, until **gravy** thickens slightly, 1-2 min.
- Season with **salt** and **pepper**.

3



### Form and roast croquettes

🔄 Swap | Mild Italian Sausage, uncased

🔄 Swap | Plant-Based Ground Protein

- Add **sausage**, **Dijon**, **half the garlic salt** and **½ tbsp** (1 tbsp) **Gravy Spice Blend** to the bowl with **panko-milk mixture**. Season with **pepper**, then combine.
- Form into **4 equal-sized, 1-inch-thick oval patties** (8 patties for 4 ppl).
- Working with one **patty** at a time, press both sides into **crispy shallot crumbs** to coat completely.
- Arrange on a parchment-lined baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-14 min.\*\*

6



### Finish and serve

- Divide **croquettes**, **mash** and **Brussels sprouts** between plates.
- Spoon **gravy** over **croquettes** and **mash**.

Measurements  
within steps

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

### 3 | Form and roast croquettes

🔄 Swap | Mild Italian Sausage, uncased

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

### 3 | Form and roast croquettes

🔄 Swap | Plant-Based Ground Protein

If you've opted to get **plant-based ground protein**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **pork**\*\*.

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