









Hearty Meatball and Mushroom Stew

with Parmesan Smash












Family Friendly 30 - 40 Minutes

 Swap	 Swap	 Double
		
Ground Turkey 250 g 500 g	Plant-Based Ground Protein 250 g 500 g	Ground Beef 500 g 1000 g

 Customized Protein  Add  Swap or  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	Italian Breadcrumbs 4 tbsp 8 tbsp
	
Parmesan Cheese, shredded ¼ cup ½ cup	Mirepoix 113 g 227 g
	
Mushrooms 113 g 227 g	Green Peas 56 g 113 g
	
Garlic Spread 2 tbsp 4 tbsp	Yellow Potato 350 g 700 g
	
Beef Broth Concentrate 1 2	Beef Stock Powder 1 tbsp 2 tbsp
	
All-Purpose Flour 1 tbsp 2 tbsp	

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 | Pepper, salt, oil, milk, unsalted butter

Cooking utensils | Baking sheet, large bowl, large pot, measuring cups, measuring spoons, medium pot, parchment paper, potato masher, strainer

1



Prep and cook potatoes

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

- Combine **breadcrumbs** and **1 tbsp** (2 tbsp) **milk** in a large bowl. Set aside. (**NOTE:** This will be for meatballs.)
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium 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.

4



Start stew

- Meanwhile, heat a large pot over medium-high heat.
- When hot, add **half the garlic spread**, then swirl the pan to melt.
- Add **mirepoix** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 4-5 min.
- Reduce heat to medium.
- Sprinkle **flour** over **veggies**. Cook, stirring often, until coated, 1-2 min.
- Add **broth concentrate**, **peas**, **remaining beef stock powder** and **1 cup** (2 cups) **water**. Cook, stirring occasionally, until **stew** thickens slightly, 5-6 min.

2



Prep and make meatballs

🔄 Swap | **Ground Turkey**

🔄 Swap | **Plant-Based Ground Protein**

- Meanwhile, thinly slice **mushrooms**.
- Add **beef**, **half the Parmesan** and **half the beef stock powder** to the bowl with **breadcrumb mixture**. Season with **salt** and **pepper**, then combine.
- Roll **beef mixture** into **8 (16) equal-sized meatballs**.

5



Mash potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Roughly mash **remaining garlic spread**, **1 tbsp** (2 tbsp) **butter**, **remaining Parmesan** and **¼ cup** (½ cup) **milk** into **potatoes** until lightly mashed.
- Season with **salt** and **pepper**, to taste.

3



Roast meatballs

×2 Double | **Ground Beef**

- Arrange **meatballs** on a parchment-lined baking sheet.
- Roast **meatballs** in the **middle** of the oven until cooked through, 10-14 min.**

6



Finish and serve

- Add **meatballs** to the **stew**. Stir gently to combine, 1 min.
- Divide **Parmesan smash** between bowls. Top with **meatballs** and **mushroom stew**.

Measurements
within steps

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

2 | Prep and make meatballs

🔄 Swap | **Ground Turkey**

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

2 | Prep and make plant-based ground protein meatballs

🔄 Swap | **Plant-Based Ground Protein**

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

3 | Roast meatballs

×2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. (**TIP:** For 4 ppl, if you prefer more tender meatballs add 2 eggs to the mixture.) Roll **mixture** into **16 (32) equal-sized meatballs**.

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