



Hearty Meatball and Mushroom Stew with Parmesan Smash

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





 Swap	 Double
	
Ground Turkey 250 g 500 g	Ground Beef 500 g 1000 g

	
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, 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 the 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**

×2 Double | **Ground Beef**

- 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**.

3



Roast meatballs

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

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.

6



Finish and serve

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

×2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Roll **mixture** into **16** (32) **equal-sized meatballs**.

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