



# Beef-Rosemary Meatballs and Onion Gravy

## with Smashed Potatoes and Sugar Snap Peas

30 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](https://www.hellofresh.ca)



<b>↻</b> Swap	<b>↻</b> Swap
Ground Turkey 250 g   500 g	Beyond Meat® 2   4

Ground Beef 250 g   500 g	Yellow Potato 350 g   700 g

Onion, sliced 113 g   226 g	Beef Broth Concentrate 2   4

Rosemary, sprig 1   2	Sugar Snap Peas 113 g   227 g

Garlic Salt ½ tsp   1 tsp	Italian Breadcrumbs 4 tbsp   8 tbsp

Cream Sauce Spice Blend 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, milk, unsalted butter, salt

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, potato masher, strainer

1



### Boil potatoes

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

- 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 same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

2



### Prep

- Meanwhile, combine **breadcrumbs** and **1 tbsp** (2 tbsp) **milk** in a large bowl. Set aside.
- Strip **½ tbsp** (1 tbsp) **rosemary leaves** from stems, then finely chop.
- Trim **sugar snap peas**.

3



### Form and roast meatballs

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Add **beef**, **half the rosemary** and **¼ tsp** (½ tsp) **garlic salt** to the bowl with **breadcrumb mixture**. Season with **pepper**, then combine.
- Roll **mixture** into 8 (16) equal-sized **meatballs**.
- Arrange on an unlined baking sheet.
- Roast in the **bottom** of the oven until golden and cooked through, 8-10 min.\*\*

4



### Cook sugar snap peas

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **sugar snap peas**, **1 tbsp** (2 tbsp) **butter** and **¼ tsp** (½ tsp) **garlic salt**.
- Cook, stirring occasionally, until **peas** are tender-crisp, 4-5 min.
- Season with **pepper**.
- Transfer **peas** to a plate, then cover to keep warm.

5



### Make onion gravy

- Add **1 tbsp** (2 tbsp) **butter** to the same pan, then swirl the pan until melted.
- Add **onions** and **remaining rosemary**. Cook, stirring occasionally, until softened, 3-4 min.
- Sprinkle **Cream Sauce Spice Blend** over **onions**. Cook, stirring often, until coated, 30 sec.
- Stir in **broth concentrate** and **¾ cup** (1 ½ cups) **water**. Cook, stirring often, until gravy thickens, 1-3 min.
- Remove the pan from heat.
- Season **gravy** with **salt** and **pepper**, to taste, then stir to combine.

6



### Finish and serve

- Roughly mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks.)
- Season **smashed potatoes** with **salt** and **pepper**, to taste.
- Divide **smashed potatoes**, **snap peas** and **meatballs** between plates.
- Pour **onion gravy** over **meatballs**.

Measurements  
within steps

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

### 3 | Form and roast 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**.\*\*

### 3 | Form and roast meatballs

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **beef**.\*\*

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