



French Onion Beef and Pork Meatballs

with Smashed Potatoes and Veggie Duo

Family Friendly

35-45 Minutes

Customized Protein

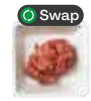
+ Add

Swap

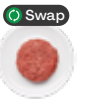
or

*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)



Ground Turkey
250 g | 500 g



Beyond Meat®
2 | 4



Ground Beef and
Pork Mix
250 g | 500 g



Russet Potato
2 | 4



Italian
Breadcrumbs
4 tbsp | 8 tbsp



Carrot
1 | 2



Sugar Snap Peas
113 g | 227 g



Yellow Onion
1 | 2



White Cheddar
Cheese, shredded
½ cup | 1 cup



All-Purpose Flour
1 tbsp | 2 tbsp



Balsamic Vinegar
1 tbsp | 2 tbsp



Beef Stock
Powder
1 tbsp | 2 tbsp



Garlic, cloves
1 | 2



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 | Sugar, oil, milk, pepper, salt, unsalted butter

Cooking utensils | 2 baking sheets, colander, large bowl, large oven-proof pan, large pot, measuring cups, measuring spoons, parchment paper, potato masher, small bowl, vegetable peeler

1



Make smashed 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.
- 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 with **salt** and **pepper**, to taste.

4



Make onion gravy

- Heat a large oven-proof pan over medium heat. (**TIP:** If you don't have an oven-proof pan, use a large non-stick pan.)
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **onions** and **garlic**. Cook, stirring often, until slightly softened, 3-4 min.
- Reduce heat to medium-low, then add **vinegar** and **1 tsp** (2 tsp) **sugar**. Cook, stirring often, until **onions** are dark golden-brown, 3-4 min.
- Add **1 tbsp** (2 tbsp) **butter**, then sprinkle **all-purpose flour** over **onions**. Cook, stirring often, until coated, 1 min.
- Stir in **stock** (from step 2). Bring to a gentle boil.

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

2



Prep

[Swap](#) | [Ground Turkey](#)

[Swap](#) | [Beyond Meat®](#)

- Meanwhile, trim **snap peas**.
- Peel, then halve **carrot** lengthwise. Cut into ¼-inch half-moons.
- Peel, halve, then cut **onion** into ½-inch slices.
- Peel, then mince or grate **garlic**.
- Combine **stock powder** and **¾ cup** (1 ½ cups) **water** in a small bowl. Set aside.
- Line a baking sheet with parchment paper.
- Add **garlic**, **breadcrumbs** and **beef and pork mix** to a large bowl. Season with **pepper** and **¼ tsp** (½ tsp) **salt**, then combine.

5



Cook veggies

- Add **snap peas**, **carrots** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 8-10 min.

3



Form and cook meatballs

- Roll **mixture** into **8** (16) **equal-sized meatballs**. (**TIP:** If you prefer a tender meatball, add an egg to the mixture!)
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **top** of the oven until golden-brown and cooked through, 12-14 min.**

6



Finish and serve

- Once **gravy** is boiling, add **meatballs** to the pan. Cook, stirring often, until gravy is slightly thickened, 3-4 min.
- Remove from heat. Sprinkle **cheese** over top and bake in the **top** of the oven until **cheese** melts slightly, 3-4 min. (**TIP:** If you don't have an oven-proof pan, carefully transfer meatball mixture to an 8x8-inch baking dish [9x13-inch for 4 ppl].)(**NOTE:** Cheese will be hot, be careful!)
- Divide **smashed potatoes** and **veggies** between plates.
- Arrange **meatball-onion gravy** over **smashed potatoes**.

Measurements
within steps

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

2 | Prep

[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 and pork mix**.**

2 | Prep

[Swap](#) | [Beyond Meat®](#)

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