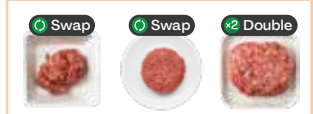




Beef Meatballs and Savoury Thyme Gravy

with Roasted Potatoes and Sugar Snap Peas

Family Friendly 30-40 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)

Ground Turkey 250 g | 500 g
Beyond Meat® 2 | 4
Ground Beef 500 g | 1000 g



Ground Beef
250 g | 500 g



Yellow Potato
350 g | 700 g



Sugar Snap Peas
113 g | 227 g



Yellow Onion
1 | 1



Parsley and Thyme
14 g | 14 g



Garlic, cloves
2 | 4



Italian Breadcrumbs
4 tbsp | 8 tbsp



Beef Broth Concentrate
1 | 2



Beef Stock Powder
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 | All-purpose flour, milk, salt, pepper, oil, sugar, unsalted butter

Cooking utensils | 2 baking sheets, 2 large bowls, large non-stick pan, measuring cups, measuring spoons, parchment paper

1



Roast potatoes

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

- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then roughly chop.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **half the thyme** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast **potatoes** in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 25-28 min.

2



Prep

- Meanwhile, roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces.
- Combine **breadcrumbs**, **broth concentrate** and **3 tbsp** (6 tbsp) **milk** in a large bowl. (**TIP:** Be sure to mix the breadcrumb mixture evenly for better-flavoured meatballs throughout!)

3



Form and roast meatballs

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

✖2 Double | **Ground Beef**

- Add **beef** and **half the garlic** to the bowl with **breadcrumb-milk mixture**. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)
- Season with **pepper**, then combine.
- Roll into 12 (24) equal-sized **meatballs**. Arrange on a parchment-lined baking sheet.
- Roast in the **top** of the oven, until golden-brown and cooked through, 10-12 min.**

4



Cook snap peas

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **snap peas**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer to a plate, then cover to keep warm.

5



Make gravy

- Reheat the same pan over medium.
- When the pan is hot, add **2 tbsp** (4 tbsp) **butter**, then **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **beef stock powder**, **remaining garlic**, **remaining thyme** and ½ **tbsp** (1 tbsp) **flour**.
- Cook, stirring often, until **onions** are coated, 1 min.
- Add ¾ **cup** (1 ½ cups) **water** and ¼ **tsp** (½ tsp) **sugar**. Bring to a simmer.
- Simmer, stirring often, until **gravy** reduces slightly, 2-3 min.
- Add **half the parsley**. Stir to combine. Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **meatballs**, **roasted potatoes** and **snap peas** between plates.
- Spoon **thyme gravy** over **meatballs**.
- Sprinkle **remaining parsley** over **potatoes**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

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 | Roast Beyond Meat® meatballs

🔄 Swap | **Beyond Meat®**

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

3 | Form and 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**. Roll **mixture** into 24 (48) equal-sized **meatballs**.

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