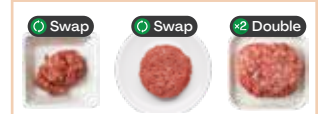




# Beef-Rosemary Meatballs and Onion Gravy

## 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)

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



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



Panko Breadcrumbs  
⅓ cup | ⅔ cup



Gravy Spice Blend  
2 tbsp | 4 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.

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.

2



### Prep

- Meanwhile, combine **panko 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**.

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 **Gravy 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.

3



### Form and roast meatballs

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

×2 Double | **Ground Beef**

- 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.\*\*

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

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 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 in the same way the recipe instructs you to prep and cook **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 16 (32) equal-sized **meatballs**.

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