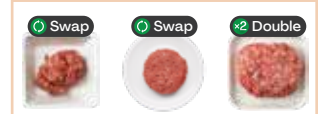




Salisbury Steaks in Onion Gravy

with Creamy Potato Mash and Roasted Broccoli

Family Friendly 30-40 Minutes



Customized Protein

+ Add

Swap

or

x2 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



Dijon Mustard
½ tbsp | 1 tbsp



Worcestershire Sauce
1 tbsp | 2 tbsp



Panko Breadcrumbs
½ cup | ¾ cup



Garlic Salt
1 tsp | 2 tsp



Yellow Onion
1 | 2



Beef Broth Concentrate
2 | 4



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Cream Cheese
1 | 2



Broccoli
227 g | 454 g



Russet Potato
2 | 4

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, oil, pepper, salt, milk

Cooking utensils | Baking sheet, colander, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, potato masher, vegetable peeler

1



Prep

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

- Remove any brown spots from **potatoes**. Peel, then cut **potatoes** into 1-inch pieces.
- Cut **broccoli** into bite-sized pieces.
- Peel, then cut **onion** into ¼-inch slices.

4



Roast broccoli

- To an unlined baking sheet, add **broccoli**, **1 tbsp** (2 tbsp) **oil** and **2 tbsp** (4 tbsp) **water**. Season with **salt** and **pepper**, then toss to coat.
- Roast **broccoli** in the **middle** of the oven for 10-12 min, stirring halfway through, until tender and golden.

2



Cook potatoes

- To a large pot, add **potatoes**, **2 tsp salt** and **enough water** to cover by approx. 1 inch (use same for 4 servings). Cover and bring to a boil over high.
- Once boiling, reduce heat to medium-high. Simmer uncovered for 10-12 min, until fork-tender.
- Drain and return **potatoes** to the same pot, off heat.
- Mash **cream cheese**, **1 tbsp** (2 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy. Season with **salt** and **pepper**.

5



Make gravy and finish burger steaks

- Return the same pan (from step 3) to medium-high, then add **onions**. Cook for 3-4 min, stirring occasionally, until **onions** start to caramelize.
- Sprinkle **Cream Sauce Spice Blend** over **onions**. Cook for 30 sec, stirring often, until coated.
- Gradually stir in **1 ¼ cups** (2 ½ cups) **water**, **remaining Worcestershire sauce** and **remaining broth concentrates**. Season with **pepper** and **remaining garlic salt**. Bring to a simmer.
- Once simmering, return **patties** to the pan. Cook for 4-5 min, flipping **patties** halfway through, until **patties** are cooked through and **gravy** thickens slightly.** Remove the pan from heat.

3



Sear hamburger steaks

- ⌚ Swap | **Ground Turkey**
- ⌚ Swap | **Beyond Meat®**
- ✖2 Double | **Ground Beef**
- Heat a large non-stick pan over medium-high.
- Meanwhile, to a medium bowl, add **beef**, **panko**, **Dijon**, **half the Worcestershire**, **half the broth concentrates** and **half the garlic salt**. Season with **pepper**, then combine.
- Form **mixture** into two (four) 4-inch-wide **patties**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Pan-fry for 2-3 min per side, until golden-brown. (**NOTE:** Patties will finish cooking in step 5.)
- Transfer **patties** to a plate.

6



Finish and serve

- Divide **mashed potatoes** and **broccoli** between plates.
- Top **mashed potatoes** with **hamburger steaks**.
- To the pan with **onion gravy**, add **1 tbsp butter**, then stir until melted.
- Spoon **onion gravy** over **hamburger steaks**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving 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 | Sear turkey steaks

⌚ Swap | **Ground Turkey**

If you've opted to get **turkey**, prep and cook **turkey** in the same way the recipe instructs you to prep and cook the **beef**.**

3 | Sear Beyond Meat® steaks

⌚ Swap | **Beyond Meat®**

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

3 | Sear hamburger steaks

✖2 Double | **Ground Beef**

If you've opted for **double beef**, add **¼ tsp** (½ tsp) **salt** to the **beef mixture**. Form into four (eight) 5-inch-wide **patties**. Don't crowd the pan. Pan-fry **patties** in batches, if needed!

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