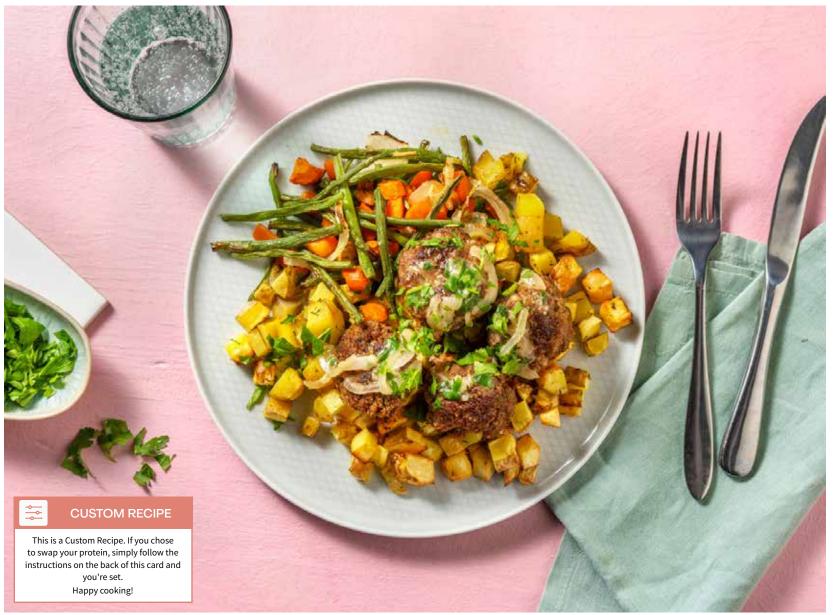


# Beef Patties and Thyme-Onion Gravy

with Roasted Potatoes and Veggie Medley

Spicy

35 Minutes





**Ground Beef** 





Yellow Potato



Yellow Onion



Garlic, cloves



Chicken Broth Concentrate



Parsley and Thyme



Italian Breadcrumbs



Green Beans



All-Purpose Flour



Montreal Steak Spice



**HELLO GREEN BEANS** 

## Start here

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

#### **Bust out**

Baking sheet, vegetable peeler, measuring spoons, large bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

ingi calcines		
	2 Person	4 Person
Ground Beef	250 g	500 g
ffi Minced Turkey	250 g	500 g
Yellow Potato	360 g	720 g
Yellow Onion	113 g	226 g
Garlic, cloves	2	4
Chicken Broth Concentrate	1	2
Parsley and Thyme	14 g	14 g
Italian Breadcrumbs	1/4 cup	½ cup
Green Beans	170 g	340 g
All-Purpose Flour	1 tbsp	2 tbsp
Montreal Steak Spice	1 tbsp	2 tbsp
Carrot	170 g	170 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Oil*		
Salt and Pepper*		

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

### 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.

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## Roast potatoes

Strip 1 tbsp thyme leaves (dbl for 4 ppl) from stems. Cut **potatoes** into 1-inch pieces. Add potatoes, ½ tbsp thyme and 1 tbsp oil (dbl both for 4 ppl) to an unlined baking sheet. Season with salt and pepper, then toss to coat. Roast in the middle of the oven, flipping halfway through, until tender and goldenbrown, 25-28 min.



### Prep and roast veggies

While **potatoes** roast, roughly chop **parsley**. Trim green beans. Peel, then cut carrot into 1/4-inch pieces. Peel, then mince or grate garlic. Peel, then cut onion into 1/4-inch slices. Add green beans, carrots and 1/2 tbsp oil (dbl for 4 ppl) to another unlined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the top of the oven until tender, 8-10 min.



## Form and cook patties

Combine beef, Montreal Steak Spice and **breadcrumbs** in a large bowl. Divide **beef** mixture into 8 equal portions (16 for 4 ppl). Roll into balls, then flatten into 1/2-inch-thick patties. Heat a large non-stick pan over medium heat. When hot, add ½ tbsp oil, then patties. Pan-fry until cooked through, 2-3 min per side.\*\* (NOTE: For 4 ppl, cook in batches, using ½ tbsp oil per batch.) Transfer patties to a plate and cover to keep warm. Remove the pan from heat. Carefully drain and discard all fat.



### **CUSTOM RECIPE**

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



### Cook onions

Return the same pan to medium heat, then add **onions**. (NOTE: Add ½ tbsp oil, if the pan is dry!) Cook, stirring occasionally, until softened, 3-4 min.



## Make thyme-onion gravy

Add garlic, flour and remaining thyme to the pan with **onions**. Cook, stirring often, until fragrant, 30 sec. Add broth concentrate and 3/4 cup water (dbl for 4 ppl). Simmer, stirring often, until gravy reduces slightly, 2-3 min. Add half the parsley and 1 ½ tbsp **butter** (dbl for 4 ppl). Cook, stirring until **butter** is melted and incorporated, 1-2 min. Season with **salt** and **pepper**.



### Finish and serve

Divide patties, potatoes and veggies between plates. Stir any juices from the plate with patties into thyme-onion gravy, then spoon gravy over patties. Sprinkle with remaining parsley.

## **Dinner Solved!**