



Beef-Rosemary Meatballs and Onion Gravy

with Smashed Potatoes and Sugar Snap Peas

30 Minutes



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Ground Beef



Yellow Potato



Onion, sliced



Beef Broth
Concentrate



Rosemary



Sugar Snap Peas



All-Purpose Flour



Garlic Salt



Italian Breadcrumbs

HELLO ROSEMARY

This woody herb packs a fragrant and savoury punch!

Start here

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

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

Bust out

Baking sheet, measuring spoons, potato masher, strainer, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Potato	350 g	700 g
Onion, sliced	113 g	226 g
Beef Broth Concentrate	2	4
Rosemary	1 sprig	2 sprigs
Sugar Snap Peas	113 g	227 g
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Italian Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	4 tbsp	8 tbsp
Milk*	4 tbsp	8 tbsp
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.



Boil potatoes

- 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.



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 **sugar snap peas** are tender-crisp, 3-4 min.
- Season with **pepper**.
- Transfer **peas** to a plate, then cover to keep warm.



Prep

- Meanwhile, combine **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**.



Make onion gravy

- Add **1 tbsp (2 tbsp) butter** to the same pan, then swirl the pan until melted.
- Add **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Sprinkle **flour** over **onions**. Cook, stirring often, until coated, 30 sec.
- Stir in **broth concentrate**, **remaining rosemary** 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.



Form and roast meatballs

- 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 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on an unlined baking sheet.
- Roast in the **bottom** of the oven until golden and cooked through, 8-10 min.**



Finish and serve

- Roughly mash **2 tbsp (4 tbsp) butter** and **3 tbsp (8 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**.



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Dinner Solved!