



Beef Thyme Meatballs and Cheesy Mash

with Green Beans and Thyme Onion Gravy

30 Minutes



Ground Beef



White Cheddar
Cheese, shredded



Yellow Potato



Onion, sliced



Beef Broth
Concentrate



Thyme



Green Beans



Dijon Mustard



All-Purpose Flour



Garlic Salt



Italian Breadcrumbs

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

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

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
White Cheddar Cheese, shredded	½ cup	1 cup
Yellow Potato	300 g	600 g
Onion, sliced	113 g	227 g
Beef Broth Concentrate	2	4
Thyme	7 g	7 g
Green Beans	170 g	340 g
Dijon Mustard	1 ½ tsp	3 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Salt	½ tsp	1 tsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Unsalted Butter*	4 tbsp	8 tbsp
Milk*	3 tbsp	6 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.

Contact

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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 green beans

While **meatballs** bake, heat a large non-stick pan over medium heat. When hot, add **green beans, 1 tbsp butter, ¼ tsp garlic salt** and **¼ cup water** (dbl all for 4 ppl). Cook, stirring occasionally, until **water** evaporates and **green beans** are tender-crisp, 4-5 min. Season with **pepper**. Transfer **green beans** to a plate and cover to keep warm.



Prep

While **potatoes** cook, strip **thyme leaves** from stems, then finely chop **1 tbsp** (dbl for 4 ppl). Trim **green beans**.



Make thyme onion gravy

Add **1 tbsp butter** (dbl for 4 ppl) to the same pan and swirl the pan until melted. Add **onions**. Cook, stirring occasionally, until softened, 2-3 min. Sprinkle **flour** over **onions**. Cook, stirring often, until coated, 30 sec. Stir in **broth concentrates, remaining thyme** and **1 cup water** (dbl for 4 ppl). Cook, stirring often, until **gravy** thickens, 3-4 min. Remove the pan from heat. Season with **salt** and **pepper**. Add **Dijon**, then stir to combine.



Make meatballs

Add **beef, breadcrumbs, half the thyme** and **¼ tsp garlic salt** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then combine. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Arrange **meatballs** on an unlined baking sheet. Bake in the **bottom** of the oven until golden and cooked through, 8-10 min.**



Finish and serve

Roughly mash **cheese, 2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**. Divide **potatoes, green beans** and **meatballs** between plates. Pour **thyme onion gravy** over **meatballs**.

Dinner Solved!