



Classic Beef Meatball and Mushroom Stew

with Creamy Horseradish Mash

30 Minutes



Ground Beef



Italian Breadcrumbs



Mirepoix



Beef Broth Concentrate



Russet Potato



Parsley



Horseradish



Mushrooms



All-Purpose Flour



Garlic Puree



Rosemary

HELLO HORSERADISH

This spicy root is in the same family as wasabi!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, potato masher, strainer, medium pot, large bowl, measuring cups, whisk, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Italian Breadcrumbs	¼ cup	½ cup
Mirepoix	113 g	227 g
Beef Broth Concentrate	2	4
Russet Potato	460 g	920 g
Parsley	7 g	7 g
Horseradish	1 tbsp	2 tbsp
Mushrooms	113 g	227 g
All-Purpose Flour	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Rosemary	1 sprig	1 sprig
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	¼ cup	½ cup
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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Boil potatoes

Peel, then cut **potatoes** into 1-inch pieces. Combine **potatoes**, **2 tsp salt** and **enough water** to cover (approx. 1 inch) in a large pot. (Use same for 4 ppl.) Cover and bring to a boil over high heat, then reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat.



Make sauce

Add **flour**, **remaining garlic puree** and **remaining rosemary** to the medium pot. Cook, stirring until **flour** coats **veggies**, 1 min. Whisk in **broth concentrate** and **1 cup water** (dbl for 4 ppl). Add **meatballs** and any **juices** from the plate. Bring to a boil over high heat. Once simmering, reduce heat to medium. Simmer, until **sauce** thickens slightly and **meatballs** are cooked through, 6-8 min.** Season with **salt** and **pepper**.



Prep

While **potatoes** boil, strip **½ tbsp rosemary** (dbl for 4 ppl) from stem, then roughly chop. Roughly chop **parsley**. Trim ¼-inch off **mushrooms stalks**, then quarter. Add **beef**, **breadcrumbs**, **half the garlic puree** and **half the rosemary** to a large bowl. Season with **½ tsp salt** (dbl for 4 ppl) and **pepper**, then combine. (TIP: If you prefer a firmer meatball, add an egg to the mixture!) Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).



Mash potatoes

While **stew** simmers, add **2 tbsp butter**, **¼ cup milk** (dbl both for 4 ppl) and **horseradish** to the pot with **potatoes**. Mash together until creamy. Stir in **half the parsley**, then season with **salt** and **pepper**.



Start stew

Heat a medium pot over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **meatballs**. Pan-fry, turning **meatballs** to brown on all sides, 3-4 min. Transfer to a plate. (NOTE: We will finish cooking them in step 4!) Add **mirepoix** and **mushrooms** to the pan. Cook, stirring occasionally, until **veggies** soften, 2-3 min.



Finish and serve

Divide **horseradish mash** between bowls. Top with **meatball and mushroom stew**. Sprinkle **remaining parsley** over **stew**.

Dinner Solved!