

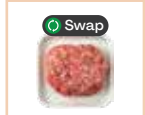


Crispy Shallot Pork Croquettes

with Mash, Gravy and Sautéed Green Beans

Discovery

35 Minutes



Ground Beef
250 g | 500 g

Custom Recipe

+ Add

Swap

or

*2 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 Pork
250 g | 500 g



Dijon Mustard
1 1/2 tsp | 3 tsp



Panko Breadcrumbs
1/4 cup | 1/2 cup



Crispy Shallots
112 g | 224 g



Chicken Broth Concentrate
1 | 2



Gravy Spice Blend
2 tbsp | 4 tbsp



Green Beans
170 g | 340 g



Garlic Salt
1 tsp | 2 tsp



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.

Pantry items | Milk, unsalted butter, salt, pepper

Cooking utensils | Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, shallow dish, large bowl, parchment paper, measuring cups, whisk, large pot, large non-stick pan

1



Cook potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Peel, then 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 the same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat.
- Mash **2 tbsp** (3 tbsp) **butter** and **2 tbsp** (4 tbsp) **milk** into **potatoes**, until creamy. Season with **salt** and **pepper**, to taste.

4



Sauté green beans

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **green beans**, **¼ cup** (½ cup) **water** and **1 tbsp** (1 ½ tbsp) **butter**. Season with **pepper** and **remaining garlic salt**.
- Cook, stirring occasionally, until water evaporates and **green beans** are tender, 4-5 min.
- Transfer to a plate, then cover to keep warm.

2



Prep

- Meanwhile, trim **green beans**, then halve crosswise.
- Combine **panko** and **3 tbsp** (5 tbsp) **milk** in a large bowl. Set aside.
- Make a small cut in the packages of **crispy shallots**. Gently crush **shallots** in packaging with your hands or a heavy-bottomed pan, until **shallots** are in fine crumbs.
- Transfer **crispy shallot crumbs** to a shallow dish.

5



Make gravy

- Return the same pan to medium-high.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Sprinkle **remaining Gravy Spice Blend** over pan. Cook, whisking often, until combined, 30 sec.
- Gradually whisk in **¾ cup** (1 ¼ cups) **water** and **broth concentrate**. Bring to a simmer.
- Simmer, whisking occasionally, until **gravy** thickens slightly, 1-2 min.
- Season with **salt** and **pepper**, to taste.

3



Form and roast croquettes

Swap | Beef

- Add **pork**, **Dijon**, **half the garlic salt** and **½ tbsp** (1 tbsp) **Gravy Spice Blend** to the bowl with **panko-milk mixture**. Season with **pepper**, then combine.
- Form **pork mixture** into **4 equal-sized, 1-inch-thick oval patties** (8 patties for 4 ppl).
- Working with **one patty** at a time, press both sides into **crispy shallot crumbs** to coat completely.
- Transfer **patties** to a parchment-lined baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-14 min.**

6



Finish and serve

- Divide **croquettes**, **mash** and **green beans** between plates.
- Spoon **gravy** over **croquettes** and **mash**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Form and roast beef croquettes

Swap | Beef

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

** Cook pork and beef to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.