



# Hearty Meatball and Mushroom Stew with Roasted Garlic Parmesan Mash

Family Friendly 30-40 Minutes



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Ground Beef



Beyond Meat®



Italian Breadcrumbs



Parmesan Cheese,  
shredded



Mirepoix



Mushrooms



Green Peas



Garlic, cloves



Russet Potato



Beef Broth  
Concentrate



Beef Stock Powder



All-Purpose Flour

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO ROASTED GARLIC

*Roasting garlic softens and caramelizes the flavour!*

## 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, vegetable peeler, measuring spoons, potato masher, strainer, aluminum foil, medium pot, large bowl, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beyond Meat®	2	4
Italian Breadcrumbs	¼ cup	½ cup
Parmesan Cheese, shredded	¼ cup	½ cup
Mirepoix	113 g	227 g
Mushrooms	113 g	227 g
Green Peas	56 g	113 g
Garlic, cloves	3	6
Russet Potato	460 g	920 g
Beef Broth Concentrate	1	2
Beef Stock Powder	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	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.*

1



### Prep and cook potatoes

- Combine **breadcrumbs** and **1 tbsp** (2 tbsp) **milk** in a large bowl. Set aside. (**NOTE:** This will be for meatballs!)
- Peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered, until **potatoes** are fork-tender, 10-12 min.

4



### Start stew

- Meanwhile, heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **mirepoix** and **mushrooms**. Cook, stirring occasionally, until **veggies** are tender, 5-6 min.
- Reduce heat to medium.
- Sprinkle **flour** over **veggies**. Cook, stirring often, until coated, 1-2 min.
- Add **broth concentrate**, **peas**, **remaining beef stock powder** and **¾ cup** (1 ½ cups) **water**. Cook, stirring occasionally, until **stew** thickens slightly, 5-6 min.

2



### Prep and roast garlic

- Meanwhile, thinly slice **mushrooms**.
- Arrange **unpeeled garlic cloves** on a small piece of foil, then drizzle with **2 tsp** (1 tbsp) **oil**.
- Wrap foil around **garlic** to create a sealed package.
- Place **garlic package** directly on the **top** rack of the oven and roast until tender, 14-15 min.

5



### Mash potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Carefully remove **roasted garlic** from the foil, then peel **cloves**.
- Mash **roasted garlic**, **remaining Parmesan**, **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy.
- Season with **salt** and **pepper**, to taste.

3



### Form and roast meatballs

- Meanwhile, add **beef**, **half the Parmesan** and **half the beef stock powder** to the bowl with **breadcrumb mixture**. Season with **salt** and **pepper**, then combine.
- Roll **beef mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange **meatballs** on a foil-lined baking sheet.
- Once **garlic** has roasted for 5 min, roast **meatballs** in the **middle** of the oven until cooked through, 10-14 min.\*\*

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

6



### Finish stew and serve

- Add **meatballs** to **stew**. Stir gently to combine, 1 min.
- Divide **roasted garlic Parmesan mash** between bowls. Top with **meatball and mushroom stew**.

## Dinner Solved!



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