



Meatballs in Caramelized Onion Gravy

with Cheesy Mash

Family Friendly

30-40 Minutes



Ground Beef



Panko Breadcrumbs



Worcestershire Sauce



Yellow Onion



Chicken Broth Concentrate



Russet Potato



Gravy Spice Blend



Cheddar Cheese, shredded



Baby Tomatoes



Spring Mix



Italian Dressing

HELLO WORCESTERSHIRE SAUCE

This condiment gives food a savoury je ne sais quoi!

Start here

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

Bust out

Baking sheet, vegetable peeler, colander, medium non-stick pan, measuring spoons, measuring cups, potato masher, 2 large bowls, parchment paper, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Worcestershire Sauce	1 tbsp	2 tbsp
Yellow Onion	113 g	226 g
Chicken Broth Concentrate	1	2
Russet Potato	460 g	920 g
Gravy Spice Blend	2 tbsp	4 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Baby Tomatoes	113 g	227 g
Spring Mix	56 g	113 g
Italian Dressing	2 tbsp	4 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Milk*	2 tbsp	4 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.

Contact

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Cook potatoes

- 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 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 **cheddar** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**, to taste.



Roast meatballs

- Add **beef**, **half the Worcestershire sauce** and **half the broth concentrate** to the large bowl with **panko**. Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on a parchment-lined baking sheet. Roast in the **top** of the oven until golden-brown and cooked through, 10-12 min.**



Caramelize onions

- Meanwhile, heat a medium non-stick pan over medium heat.
- While the pan heats, peel, then cut **onion** into ¼-inch slices.
- When the pan is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **onions**. Cook, stirring occasionally, until golden-brown, 8-10 min. Season with **salt** and **pepper**. (**TIP:** If onions are getting too dark, reduce heat to medium-low.)



Make caramelized onion gravy

- When **meatballs** are halfway done, add **remaining Worcestershire sauce** to the pan with **onions**. Cook, stirring often, until **Worcestershire sauce** evaporates.
- Sprinkle **Gravy Spice Blend** and **remaining broth concentrate** into the pan. Cook, stirring often, until **onions** are coated, 30 sec.
- Gradually stir in **¾ cup water** (dbl for 4 ppl). Increase heat to medium-high. Cook, stirring often, until **gravy** comes to a simmer.
- Simmer, stirring occasionally, until **gravy** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.



Prep

- Meanwhile, add **panko** and **2 tbsp milk** (dbl for 4 ppl) to a large bowl, then stir to combine.
- Halve **tomatoes**.
- Combine **tomatoes** and **spring mix** in another large bowl.



Finish and serve

- Add **meatballs** to the pan with **gravy**. Gently stir to coat.
- Drizzle **Italian dressing** over **salad**, then toss to combine.
- Divide **mash** and **salad** between plates.
- Arrange **meatballs** on **mash**. Spoon **caramelized onion gravy** over **meatballs**.

Dinner Solved!