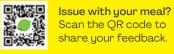


CUSTOM RECIPE This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

Salisbury Steak Meatballs

with Mushroom Gravy, Peas and Smashed Potatoes

Family Friendly 35 Minutes























Yellow Onion





Concentrate







Dijon Mustard



Gravy Spice Blend



Italian Breadcrumbs

Worcestershire Sauce



An American classic of ground beef and gravy!

Start here

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

Measurements , 1 tbsp (2 tbsp) oil within steps Ingredient

Bust out

Baking sheet, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Beef and Pork Mix	250 g	500 g
Yellow Potato	350 g	700 g
Mushrooms	113 g	227 g
Yellow Onion	113 g	226 g
Sour Cream	3 tbsp	6 tbsp
Green Peas	56 g	113 g
Beef Broth Concentrate	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Gravy Spice Blend	2 tbsp	4 tbsp
Italian Breadcrumbs	4 tbsp	8 tbsp
Worcestershire Sauce	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

- * Pantry items
- ** Cook beef and pork 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.



Prep

- Cut potatoes into 1-inch pieces.
- Slice mushrooms.
- Peel, then cut **onion** into ½-inch pieces.



Cook potatoes

- 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 **potatoes** are forktender, 10-12 min. Drain and return potatoes to the same pot, off heat.
- Roughly mash sour cream and 1 tbsp (2 tbsp) butter into potatoes, until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with salt and **pepper**, then stir to combine.



Make meatballs

- Meanwhile, add beef, breadcrumbs, Dijon, Worcestershire sauce and 1/8 tsp (1/4 tsp) salt to a large bowl. Season with **pepper**, then combine. (TIP: If you prefer a more tender meatball, add an egg to mixture!)
- Roll mixture into 8 equal-sized meatballs (16 meatballs for 4 ppl). Transfer to a parchment-lined baking sheet. Bake in the middle of the oven, until golden-brown and cooked through, 10-12 min.**

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



Cook veggies

onions.

- Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add 1 tbsp (2 tbsp) butter, then mushrooms and
- · Cook, stirring occasionally, until softened, 5-6 min. Season with salt and pepper.



Make mushroom gravy

- Add Gravy Spice Blend to the pan with veggies. Cook, stirring often, until coated, 1-2 min.
- Add 1 cup (1 ½ cups) water, peas and broth concentrate. Bring to a boil.
- Once boiling, cook, stirring often, until gravy thickens, 5-6 min. Season with salt and pepper, to taste.



Finish and serve

- Divide smashed potatoes between plates.
- Top with meatballs, then spoon mushroom gravy over meatballs.

Dinner Solved!

