



# Beef Meatballs and Savoury Thyme Gravy

## with Roasted Potatoes and Sugar Snap Peas

Family Friendly 30-40 Minutes

↗ Custom Recipe

+ Add

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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 Turkey  
250 g | 500 g



Ground Protein  
250 g | 500 g



Ground Beef  
250 g | 500 g



Yellow Potato  
350 g | 700 g



Sugar Snap Peas  
113 g | 227 g



Yellow Onion  
½ | 1



Parsley and Thyme  
7 g | 7 g



Garlic, cloves  
2 | 4



Italian Breadcrumbs  
¼ cup | ½ cup



Beef Broth Concentrate  
1 | 2



Beef Stock Powder  
1 tbsp | 2 tbsp



**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\*, sugar\*, oil\*, salt\*, pepper\*, all-purpose flour\*

**Cooking utensils** | Baking sheet, measuring spoons, large bowl, parchment paper, measuring cups, large non-stick pan

1



### Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then roughly chop.
- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **half the thyme** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**. Toss to coat.
- Roast **potatoes** in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 25-28 min.

2



### Prep

- Meanwhile, roughly chop **parsley**.
- Peel, then mince or grate **garlic**.
- Peel, then cut **half the onion** (whole **onion** for 4 ppl) into ¼-inch pieces.
- Combine **breadcrumbs**, **broth concentrate** and **3 tbsp** (6 tbsp) **milk** in a large bowl.

3



### Form and roast meatballs

- ⌚ Swap | **Ground Turkey**
- ⌚ Swap | **Ground Protein**
- Add **beef** and **half the garlic** to the bowl with **breadcrumb-milk mixture**. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll into **12 equal-sized meatballs** (24 meatballs for 4 ppl). Arrange on a parchment-lined baking sheet.
- Roast in the **top** of the oven, until golden-brown and cooked through, 10-12 min.\*\*

4



### Cook snap peas

- Meanwhile, trim **snap peas**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **snap peas**. Season with **salt** and **pepper**.
- Cook, stirring often, until tender-crisp, 4-5 min.
- Transfer to a plate, then cover to keep warm.

5



### Make gravy

- Reheat the same pan over medium.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **onions**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **beef stock powder**, **remaining garlic**, **remaining thyme** and ½ **tbsp** (1 tbsp) **flour**.
- Cook, stirring often, until **onions** are coated, 1 min.
- Add ⅔ **cup** (1 ⅓ cups) **water** and ¼ **tsp** (½ tsp) **sugar**. Bring to a simmer.
- Simmer, stirring often, until gravy reduces slightly, 2-3 min.
- Add **half the parsley**. Season with **salt** and **pepper**, then stir to combine.

6



### Finish and serve

- Divide **meatballs**, **roasted potatoes** and **snap peas** between plates.
- Spoon **thyme gravy** over **meatballs**.
- Sprinkle **remaining parsley** over **potatoes**.

Measurements  
within steps

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

### 3 | Form and roast meatballs

⌚ Swap | **Ground Turkey**

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

### 3 | Form and roast meatballs

⌚ Swap | **Ground Protein**

If you've opted to get **plant-based ground protein**, season, form and cook the **meatballs** in the same way the recipe instructs you to season, form and cook the **beef**. No need to add an egg.\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F.



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