

# Beef Meatballs and Savoury Thyme Gravy

with Roasted Potatoes and Sugar Snap Peas

Family Friendly

30-40 Minutes







250 g | 500 g











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 🎥



**Ground Beef** 



250 g | 500 g



350 g | 700 g



Sugar Snap Peas



1/2 1

113 g | 227 g



Parsley and Thyme



Garlic, cloves

2 | 4

7 g | 7 g



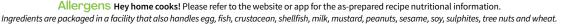
Breadcrumbs 1/4 cup | 1/2 cup



Concentrate 1 | 2



Beef Stock Powder 1 tbsp | 2 tbsp



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



#### 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**, then toss to coat.
- Roast potatoes in the middle of the oven. flipping halfway through, until golden-brown and tender, 25-28 min.



## 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. (TIP: Be sure to mix the breadcrumb mixture evenly for better-flavoured meatballs throughout!)



### Form and roast meatballs

🗘 Swap | Ground Turkey

O Swap | Plant-Based 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.\*\*



## Finish and serve

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



## Cook snap peas

- Meanwhile, trim snap peas.
- Heat a large non-stick pan over medium-high heat.
- When hot, add 1/2 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.



## Make gravy

- Reheat the same pan over medium.
- When the pan is 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 3/3 cup (1 1/3 cups) water and 1/4 tsp (1/2 tsp) sugar. Bring to a simmer.
- Simmer, stirring often, until gravy reduces slightly, 2-3 min.
- Add half the parsley. Stir to mix. Season with salt and pepper, to taste.

Measurements within steps

1 tbsp (2 tbsp)

oil

#### 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

#### O Swap | Plant-Based Protein

If you've opted to get plant-based ground protein, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef**.\*

