



# Beef Meatballs and Savoury Thyme Gravy

## with Roasted Potatoes and Sugar Snap Peas

Family Friendly 30-40 Minutes

Customized Protein + Add ↻ Swap 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)





The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Ground Turkey 250 g   500 g	 Plant-Based Ground Protein 250 g   500 g
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 Ground Beef 250 g   500 g	 Yellow Potato 350 g   700 g
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 Sugar Snap Peas 113 g   227 g	 Yellow Onion ½   1
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 Parsley and Thyme 7 g   7 g	 Garlic, cloves 2   4
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 Italian Breadcrumbs ¼ cup   ½ cup	 Beef Broth Concentrate 1   2
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 Beef Stock Powder 1 tbsp   2 tbsp
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**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**, then 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. (**TIP:** Be sure to mix the breadcrumb mixture evenly for better-flavoured meatballs throughout!)

3



### Form and roast meatballs

- [Swap](#) | **Ground Turkey**
- [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.\*\*

4



### Cook snap peas

[Sub](#) | **Broccoli**

- 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 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 ¾ **cup** (1 ½ 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**. Stir to mix. Season with **salt** and **pepper**, to taste.

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](#) | **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**.\*\*

### 4 | Cook broccoli

[Sub](#) | **Broccoli**

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.



Issue with your meal? Scan the QR code to share your feedback.

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