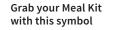


# Bourguignon-Style Beef Meatballs with Mash & Baby Broccoli

TASTE TOURS











Beef Mince

Fine Breadcrumbs





Nan's Special Seasoning



Soffritto Mix

Sliced Mushrooms





Tomato Paste

**Gravy Granules** 





Potato

Baby Broccoli

Parsley

**Pantry items** Olive Oil, Egg, Butter, Milk

Prep in: 30-40 mins Ready in: 45-55 mins



Eat Me Early

Inspired by beef bourguignon - AKA 'the mother of all stews' - these are no ordinary meatballs! Serve with creamy mash, the perfect vessel for soaking up the rich stew-style sauce, plus steamed baby broc for a pop of colour and to get your greens in.

### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Large saucepan with a lid · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
thyme	1 bag	1 bag
beef mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
soffritto mix	1 medium bag	1 large bag
diced bacon	1 packet (90g)	1 packet (180g)
sliced mushrooms	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
water*	1 cup	2 cups
gravy granules	1 medium sachet	1 large sachet
potato	2	4
baby broccoli	1 bunch	2 bunches
butter*	40g	80g
milk*	2 tbs	1/4 cup
parsley	1 bag	1 bag
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<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3320kJ (793Cal)	451kJ (108Cal)
Protein (g)	52.6g	7.1g
Fat, total (g)	40.5g	5.5g
- saturated (g)	20.1g	2.7g
Carbohydrate (g)	50.6g	6.9g
- sugars (g)	16.4g	2.2g
Sodium (mg)	1539mg	209mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Get prepped

- · Finely chop garlic.
- · Pick thyme leaves.
- In a medium bowl, combine beef mince, fine breadcrumbs, the egg, Nan's special seasoning and a pinch of salt.
- Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.



#### Cook the meatballs

- In a large saucepan, heat a drizzle of **olive** oil over medium-high heat. Cook meatballs, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate. Set aside.
- · Meanwhile, bring a medium saucepan of salted water to the boil (this will be used in step 5!)

**TIP:** Cook the meatballs in batches if your pan is getting crowded.



# Cook the veggies & bacon

- Return large saucepan to medium-high heat with a drizzle of olive oil.
- Cook **soffritto mix**, stirring occasionally, until softened, 2-3 minutes.
- · Add diced bacon and sliced mushrooms, breaking up bacon with a spoon, until browned, 4-6 minutes.



## Cook the bourguignon

- · Stir in tomato paste, garlic and thyme, until fragrant, 1 minute.
- · Add the water and gravy granules and stir until combined.
- · Reduce heat to medium, return cooked meatballs to the pan and cover with a lid or foil. Simmer until sauce is slightly thickened, 3-4 minutes.
- Season with pepper.



## Cook the mash

- While the bourguignon is cooking, peel potato and cut into large chunks. Trim baby broccoli and halve any thicker stalks lengthways.
- Cook **potato** in the medium saucepan of boiling water for 5 minutes. Place a colander or steamer basket on top and add baby broccoli.
- · Cover and steam until broccoli is tender and potato can be easily pierced with a fork, 7-8 minutes.
- Transfer broccoli to a bowl. Season.
- Drain **potato** and return to pan. Add the **butter** and the milk. Season generously with salt. Mash until smooth.



## Serve up

- Divide bourguignon-style beef meatballs, mash and baby broccoli between plates.
- Tear over parsley to serve. Enjoy!





