

Bourguignon-Style Beef Meatballs

with Mash & Baby Broccoli

TASTE TOURS

Grab your meal kit with this number

38



Thyme



Carrot



Beef Mince



Fine Breadcrumbs



Nan's Special Seasoning



Potato



Baby Broccoli



Diced Bacon



Sliced Mushrooms



Tomato Paste



Garlic Paste



Red Wine Jus



Parsley

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

 Eat Me First

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.

Pantry items

Olive Oil, Egg, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Medium saucepan · Large frying pan · Large saucepan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
thyme	1 packet	2 packets
carrot	1	2
beef mince	1 medium packet	2 medium 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
potato	2	4
baby broccoli	1 bunch	2 bunches
butter*	40g	80g
milk*	2 tbs	¼ cup
diced bacon	1 medium packet	1 large packet
sliced mushrooms	1 medium packet	1 large packet
tomato paste	1 medium packet	2 medium packets
garlic paste	1 packet	2 packets
water*	1 cup	2 cups
red wine jus	1 packet	2 packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3375kJ (807cal)	266kJ (64cal)
Protein (g)	52.7g	4.2g
Fat, total (g)	43.1g	3.4g
- saturated (g)	21g	1.7g
Carbohydrate (g)	48.2g	3.8g
- sugars (g)	15.8g	1.2g
Sodium (mg)	1368mg	107.9mg
Dietary Fibre (g)	12g	0.9g

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

- Pick **thyme** leaves.
- Finely chop **carrot**.
- Bring a medium saucepan of salted water to the boil.
- 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 veggies and bacon

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, tossing occasionally, until softened, **2-3 minutes**.
- Add **diced bacon** and **sliced mushrooms** and cook, breaking up bacon with a spoon, until browned, **4-6 minutes**.



Make the mash

- Peel **potato**, then 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, then add **baby broccoli**.
- Cover and steam until broccoli is tender and potatoes can be easily pierced with a fork, **7-8 minutes**.
- Transfer **baby broccoli** to a bowl. Season to taste with **salt** and **pepper**.
- Drain **potato** and return to the pan. Add the **butter** and **milk**. Season generously with **salt**. Mash until smooth. Cover to keep warm.



Cook the bourguignon

- Stir in **tomato paste**, **garlic paste** and **thyme**, until fragrant, **1 minute**.
- Add the **water** and **red wine jus** and stir until combined.
- Reduce heat to medium-low, add **cooked meatballs** to the pan, then cover with a lid (or foil). Simmer until sauce is slightly thickened, **3-4 minutes**.
- Season with **pepper**.



Cook the meatballs

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate. Set aside.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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