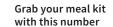


Bourguignon-Style Beef Meatballs with Mash & Baby Broccoli

TASTE TOURS











Beef Mince

Fine Breadcrumbs





Nan's Special





Diced Bacon Baby Broccoli





Sliced Mushrooms

Tomato Paste





Parsley

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



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 \cdot Large frying pan \cdot Large saucepan with a lid (or foil)

Ingredients

9		
	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.



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 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.



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.



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.



Serve up

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



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