



Bourguignon-Style Beef Meatballs

with Mash & Baby Broccoli

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Garlic



Rosemary



Fine Breadcrumbs



Nan's Special Seasoning



Tomato Paste



Chicken-Style Stock Powder



Gravy Granules



Potato



Baby Broccoli



Parsley



Beef Mince



Diced Bacon



Sliced Mushrooms

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

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan with a lid · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
rosemary	1 stick	2 sticks
beef mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
diced bacon	1 packet (90g)	1 packet (180g)
sliced mushrooms	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
gravy granules	1 medium sachet	1 large sachet
potato	2	4
baby broccoli	1 bunch	2 bunches
butter*	40g	80g
milk*	2 tbs	¼ cup
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3536kJ (845Cal)	422kJ (101Cal)
Protein (g)	53.7g	6.4g
Fat, total (g)	40.5g	4.8g
- saturated (g)	20g	2.4g
Carbohydrate (g)	61.5g	7.3g
- sugars (g)	23.1g	2.8g
Sodium (mg)	2017mg	241mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW40



Get prepped

- Thinly slice **brown onion**. Thinly slice **carrot** into rounds. Finely chop **garlic**. Pick **rosemary** leaves then finely chop.
- 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 bourguignon

- Reduce saucepan heat to medium-low. Stir in **tomato paste**, **garlic** and **rosemary**, until combined.
- Add the **water**, **chicken-style stock powder** and **gravy granules**. Return cooked **meatballs**, **veggies** and **bacon** to the pan, stirring to combine, **1 minute**.
- Cover with a lid or foil and cook, stirring occasionally, until sauce is slightly thickened, **12-15 minutes**.
- Season with **pepper**.



Cook the veggies & bacon

- In a large saucepan, heat a generous drizzle of **olive oil** over high heat. Cook **onion** and **carrot**, stirring, until tender, **4-5 minutes**. Transfer to a bowl.
- Return pan to high heat with a drizzle of **olive oil**. Cook **diced bacon** and **sliced mushrooms**, breaking up bacon with a spoon, until just browned, **4-6 minutes**. Transfer to the bowl with the cooked **veggies**.



Cook the mash & baby broccoli

- While the bourguignon is cooking, peel **potato** and cut into large chunks. Trim **baby broccoli** and halve any thicker stalks.
- Cook **potato** in the medium saucepan of boiling water until easily pierced with a fork, **10-12 minutes**.
- In the last **7 minutes**, place a colander on top of the saucepan, then add **baby broccoli**. Cover and steam until tender **6-7 minutes**.
- Transfer **broccoli** to a bowl. Season, then set aside.
- Drain **potato** and return to pan. Add the **butter** and the **milk**. Season generously with **salt**. Mash until smooth.



Cook the meatballs

- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **6-8 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.



Serve up

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

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate