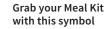
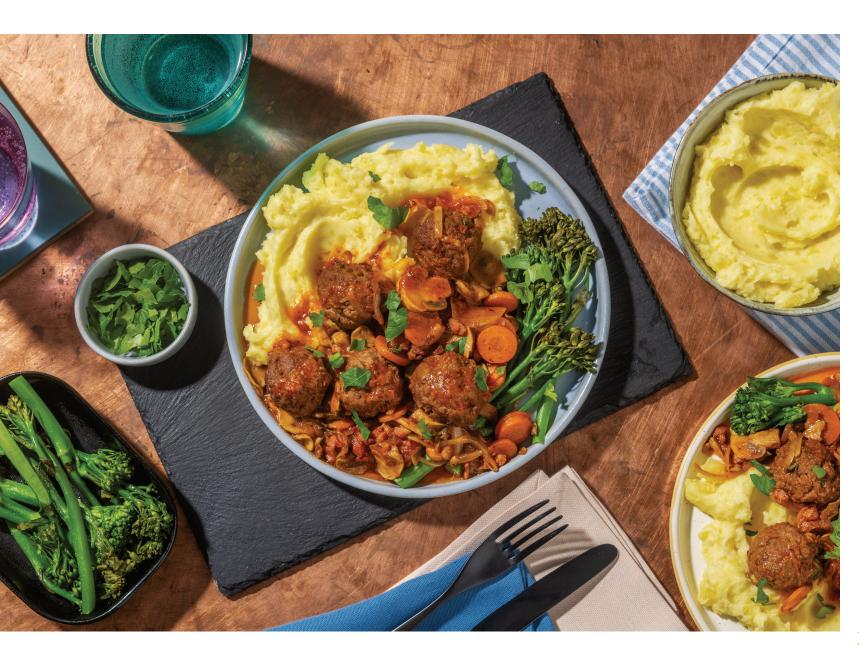


Bourguignon-Style Beef Meatballs with Mash & Baby Broccoli















Rosemary





Fine Breadcrumbs



Nan's Special Seasoning



Tomato Paste



Chicken-Style Stock Powder





Gravy Granules





Baby Broccoli





Beef Mince





Diced Bacon



Sliced Mushrooms

Pantry items

Olive Oil, Egg, Butter, Milk

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.

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

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	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	⅓ cup
parsley	1 bag	1 bag
* D		

^{*}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.



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 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 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.



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 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.



Serve up

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





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We need your expertise!