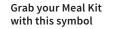


Bourguignon-Style Beef Meatballs with Mash & Baby Broccoli

TASTE TOURS















Nan's Special

Seasoning

Fine Breadcrumbs





Diced Bacon

Soffritto Mix





Sliced Mushrooms



Garlic Paste



Gravy Granules





Potato



Parsley







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
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
garlic 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	⅓ cup
parsley	1 bag	1 bag
+		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3361kJ (803Cal)	454kJ (109Cal)
Protein (g)	52.7g	7.1g
Fat, total (g)	41.4g	5.6g
- saturated (g)	20.1g	2.7g
Carbohydrate (g)	50.9g	6.9g
- sugars (g)	16.6g	2.2g
Sodium (mg)	1596mg	216mg

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.
- 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 paste 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 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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