

Bourguignon-Style Beef Meatballs

with Mash & Baby Broccoli

TASTE TOURS

Grab your Meal Kit with this symbol



Thyme



Beef Mince



Fine Breadcrumbs



Nan's Special Seasoning



Potato



Baby Broccoli



Soffritto Mix



Diced Bacon



Sliced Mushrooms



Tomato Paste



Garlic Paste



Gravy Granules



Parsley

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.

Pantry items

Olive Oil, Egg, Butter, Milk

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

Medium saucepan with a lid · Large frying pan · Large saucepan with a

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 |
| potato | 2 | 4 |
| baby broccoli | 1 bunch | 2 bunches |
| butter* | 40g | 80g |
| milk* | 2 tbs | ¼ cup |
| 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 packet | 1 large packet |
| parsley | 1 bag | 1 bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3361kJ (803Cal) | 437kJ (104Cal) |
| Protein (g) | 52.7g | 6.9g |
| Fat, total (g) | 42.7g | 5.6g |
| - saturated (g) | 20.8g | 2.7g |
| Carbohydrate (g) | 48.2g | 6.3g |
| - sugars (g) | 15.9g | 2.1g |
| Sodium (mg) | 1371mg | 178mg |

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.

1



Get prepped

- Pick **thyme leaves**.
- 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.

4



Cook the veggies & bacon

- Place a large saucepan over 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** and cook, breaking up bacon with a spoon, until browned, **4-6 minutes**.

2



Cook the mash

- 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. Cover to keep warm.

5



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-low, add **cooked meatballs** to the pan and cover with a lid or foil. Simmer until sauce is slightly thickened, **3-4 minutes**.
- Season with **pepper**.

3



Cook the meatballs

- Meanwhile, in a large frying pan, 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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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