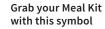


# Bourguignon-Style Beef Meatballs with Mash & Baby Broccoli

TASTE TOURS











Fine Breadcrumbs



Nan's Special





Diced Bacon

Soffritto Mix



Sliced Mushrooms







Tomato Paste

Garlic Paste





Potato



Parsley

**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 broccoli for a pop of colour and boost of green goodness.

## 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 · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
thyme	1 packet	1 packet
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 packet	1 large packet
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*	½ cup	1 cup
red wine jus	1 packet	2 packets
potato	2	4
baby broccoli	1 bunch	2 bunches
butter*	40g	80g
milk*	2 tbs	⅓ cup
parsley	1 packet	1 packet
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<sup>\*</sup>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.



# 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 the 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 red wine jus and stir until combined.
- Reduce heat to medium-low, 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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