

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



Red Wine Jus



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 packet	1 packet
beef mince	1 medium packet	2 medium 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 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 medium packet	2 medium packets
water*	1 cup	2 cups
red wine jus	1 medium packet	2 medium packets
parsley	1 packet	1 packet

*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 **red wine jus** 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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