



GRAVY-SMOTHERED MEATBALLS

over Chive Mashed Potatoes with Roasted Green Beans



HELLO CHIVES

These slender green alliums lend a mild oniony bite to creamy mashed potatoes.

PREP: 10 MIN | **TOTAL: 45 MIN** | **CALORIES: 800**

-  Yellow Onion
-  Yukon Gold Potatoes
-  Ground Beef
-  Fry Seasoning
-  Flour
(Contains: Wheat)
-  Chives
-  Sour Cream
(Contains: Milk)
-  Panko Breadcrumbs
(Contains: Wheat)
-  Green Beans
-  Beef Stock Concentrate

START STRONG

In step 5, you'll make a roux (aka a flour-thickened sauce). This classic culinary technique is our chef's secret to a smooth and creamy gravy. Make sure to whisk the flour into your pan until evenly distributed, then continue whisking with the liquid until no lumps remain.

BUST OUT

- Medium pot
- Large pan
- Strainer
- Whisk
- Potato masher
- Kosher salt
- Medium bowl
- Black pepper
- Baking sheet
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (3 TBSP | 5 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Chives **¼ oz** | **½ oz**
- Yellow Onion **1** | **2**
- Green Beans **6 oz** | **12 oz**
- Sour Cream **4 TBSP** | **8 TBSP**
- Ground Beef* **10 oz** | **20 oz**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**
- Fry Seasoning **1 TBSP** | **2 TBSP**
- Flour **1 TBSP** | **1 TBSP**
- Beef Stock Concentrate **1** | **2**

* Ground Beef is fully cooked when internal temperature reaches 160 degrees.



1 PREP

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces. (**TIP:** For a smoother texture, peel potatoes first.) Finely chop **chives**. Halve, peel, and thinly slice **onion**; mince a few slices until you have 2 TBSP (4 TBSP for 4). Trim **green beans**, if necessary.



4 ROAST MEATBALLS & GREEN BEANS

Place **meatballs** on one side of a lightly **oiled** baking sheet. Toss **green beans** on empty side with a drizzle of **oil, salt, and pepper**. Roast on top rack until meatballs are cooked through and green beans are browned and tender, 14-16 minutes. (For 4 servings, divide between 2 sheets; roast meatballs on middle rack and green beans on top rack.)

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2 MAKE MASHED POTATOES

Place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil; cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Mash with **sour cream** and **1 TBSP butter** (2 TBSP for 4 servings) until smooth, adding splashes of reserved potato cooking liquid as needed. Stir in half the **chives, salt, and pepper**. Keep covered off heat.



5 MAKE GRAVY

Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in a large pan over medium-high heat. Add **sliced onion**; cook, stirring, until softened, 7-9 minutes. Add a drizzle of **oil**, half the **flour** (all the flour for 4), and remaining **Fry Seasoning**; cook, stirring, until lightly browned, 1-2 minutes. Whisk in **¾ cup water** (1½ cups for 4) and **stock concentrate**. Bring to a simmer, whisking, until thickened, 2-4 minutes. Reduce heat to low; stir in another **1 TBSP butter**.



3 FORM MEATBALLS

While potatoes cook, in a medium bowl, combine **beef, panko, minced onion, 1 TBSP water** (2 TBSP for 4 servings), half the **Fry Seasoning** (you'll use the rest later), **salt** (we used ½ tsp kosher salt; 1 tsp for 4), and a pinch of **pepper**. Form into 10-12 (20-24 for 4) 1½-inch meatballs.



6 FINISH & SERVE

Season **gravy** with **salt and pepper**. Add **meatballs** and stir to coat. (**TIP:** If gravy seems too thick, stir in a splash of water.) Turn off heat. Divide **potatoes** between plates; top with meatballs and gravy. Add **green beans** to the side. Garnish with remaining **chives** and serve.

ON THE GRAVY TRAIN

Try making this savory sauce again to top sausage and biscuits for a Southern-style breakfast.

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