



# Salisbury Steak Meatballs

with Mushroom Gravy, Peas & Smashed Potatoes

35 Minutes



Ground Beef



Yellow Potato



Mushrooms



Yellow Onion



Sour Cream



Green Peas



Beef Broth Concentrate



Dijon Mustard



All-Purpose Flour



Italian Breadcrumbs

HELLO SALISBURY STEAK MEATBALLS

*An American classic of ground beef and gravy!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Yellow Potato	360 g	720 g
Mushrooms	227 g	454 g
Yellow Onion	113 g	227 g
Sour Cream	3 tbsp	6 tbsp
Green Peas	56 g	113 g
Beef Broth Concentrate	2	4
Dijon Mustard	1 ½ tsp	3 tsp
All-Purpose Flour	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Prep

Cut **potatoes** into ½-inch pieces. Thinly slice **mushrooms**. Peel, then cut the **onion** into ¼-inch pieces.



## Cook potatoes

Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot (use the same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until the **potatoes** are fork-tender, 10-12 min.



## Make meatballs

While **potatoes** cook, crumble **beef** into a large bowl. Add **breadcrumbs** and **Dijon**. Season with **pepper**. Roll **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a parchment-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min.\*\*



## Cooks veggies

While **meatballs** bake, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **mushrooms** and **onions**. Cook, stirring occasionally, until softened, 5-6 min. Season with **salt** and **pepper**.



## Make mushroom gravy

Add **flour** and cook, stirring often, until coated, 1-2 min. Add **¾ cup water** (dbl for 4 ppl), **peas** and **broth concentrate** to the pan with **veggies**. Bring to a boil and cook, stirring often, until **sauce** thickens, 3-4 min. Season with **salt** and **pepper**.



## Finish and serve

When the **potatoes** are tender, drain and return to the same pot. Add **1 tbsp butter** (dbl for 4 ppl), and **sour cream**. Using a potato masher, mash together until creamy. Season with **salt** and **pepper**. Divide **mash** between plates. Top with **meatballs**, then spoon **mushroom gravy** over **meatballs**.

## Dinner Solved!