



### Product Spotlight: Parsnip

Parsnips are a type of root vegetable that belong to the carrot family. They are high in fibre, folate and vitamin C.



# Onion Gravy Beef Meatballs with Mash

Creamy potato mash with chives served with beef meatballs in a brown onion gravy and a simple dressed salad.

30 minutes

4 servings

Beef

5 May 2023

## Switch up the gravy!

Add fresh or dried herbs to the gravy (thyme, sage, oregano or tarragon) for an extra flavour boost!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	15g	51g

## FROM YOUR BOX

MEDIUM POTATOES	800g
PARSNIPS	2
BEEF MINCE	600g
BROWN ONION	1
DIJON MUSTARD	1 jar
CHERRY TOMATOES	1 packet (200g)
MESCLUN LEAVES	1 bag (120g)
CHIVES	1 bunch

## FROM YOUR PANTRY

olive oil, butter, salt, pepper, plain flour, dried oregano, soy sauce, vinegar (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

Peel the potatoes and parsnips for a smoother mash if preferred.

Add some stock paste or a crumbled stock cube to the gravy for a richer flavour.



### 1. COOK THE ROOT VEG

Roughly chop potatoes and parsnips (see notes). Place in a saucepan, cover with water and bring to a boil. Simmer for 15 minutes, or until tender. Drain, reserving **1/2 cup of cooking water**. Return to pan, see step 5.



### 2. COOK THE MEATBALLS

Combine beef with **2 tsp oregano, salt and pepper**. Heat a large frypan with **olive oil** over medium-high heat. Shape beef into 1 tbsp size meatballs. Add to pan to brown.



### 3. SIMMER THE SAUCE

Slice and add onion to pan. Cook for 5 minutes until softened. Gently stir in **1 tbsp flour, 1 tbsp soy sauce** and mustard until combined. Stir in **1 1/2 cups water** and simmer for 6-8 minutes until meatballs are cooked through (see notes).



### 4. PREPARE THE SALAD

Whisk **1/2 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** in a large bowl. Halve tomatoes and add to bowl. Toss all together with mesclun leaves. Set aside.



### 5. MAKE THE MASH

Mash potatoes and parsnips with **reserved cooking water** and **1-2 tbsp butter/olive oil** to desired consistency. Chop and stir through chives, season well with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Serve meatballs with mash and salad.



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