




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

 2 servings

 Beef

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
	34g	18g	63g

FROM YOUR BOX

MEDIUM POTATOES	3
PARSNIP	1
BEEF MINCE	300g
BROWN ONION	1
DIJON MUSTARD	1 jar
CHERRY TOMATOES	200g
MESCLUN LEAVES	1 bag
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 **parsnip** (see notes). Place in a saucepan, cover with water and bring to a boil. Simmer for 15 minutes, or until tender. Drain, reserving **1/4 cup cooking water**. Return to pan, see step 5.



2. COOK THE MEATBALLS

Combine **beef** with **1 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 tbsp olive oil, 1 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 **parsnip** with **reserved cooking water** and **2-3 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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