

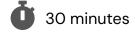




Onion Gravy Beef Meatballs

with Mash

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





4 servings



Switch up the gravy!

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

FROM YOUR BOX

MEDIUM POTATOES	1kg
PARSNIPS	2
BEEF MINCE	600g
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 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 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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