



## GRAVY LOVER'S MEATBALLS

with Roasted Garlic Mashed Potatoes & Brussels Sprouts

### WHAT WE SEND (2 servings | 4 servings)

\* Keep refrigerated



**Brussels Sprouts\***  
(1 | 2)



**Yellow Onion**  
(1 | 1)



**Garlic**  
(3 Cloves | 6 Cloves)



**Yukon Gold Potatoes\***  
(5 | 10)



**White Bread\***  
(1 | 2)  
*Contains: Soy, Wheat*



**Ground Beef\***  
(1 | 2)



**Beef Stock Concentrate**  
(1 | 2)



**Sour Cream\***  
(1 | 2)  
*Contains: Milk*

You may receive potatoes that are a different color.  
No matter the hue, they will be just as delicious!

### WHAT YOU'LL NEED

**Kosher Salt**  
**Black Pepper**

**Cooking Oil**  
(1 tsp | 2 tsp)

**Butter**  
(3 TBSP | 6 TBSP)  
*Contains: Milk*

**Flour**  
(1 TBSP | 2 TBSP)  
*Contains: Wheat*

PREP IN **10 MIN** READY IN **45 MIN**

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In step 2, you'll be making a *panade*, meaning here a mixture of bread and water. (Psst—if you've got some, you can replace the water with the same amount of milk!) This easy trick helps keep your meatballs moist and tender. *The more you know!*

1.



Preheat oven to 450 degrees. **Wash and dry produce.** Trim and halve **Brussels sprouts** lengthwise. Peel **garlic**; finely chop 1 clove (2 cloves for 4 servings) and wrap remaining cloves in a small piece of foil. Halve, peel, and finely chop **onion**. Dice **potatoes** into ½-inch pieces.

2.



Toss **Brussels sprouts** on one side of a baking sheet with a drizzle of oil, salt, and pepper. Roast for 10 minutes (you'll add more to the baking sheet then). Meanwhile, in a medium bowl, soak **bread** with 3 TBSP water (6 TBSP for 4 servings); break up with your hands until pasty. Stir in **beef**, **chopped garlic**, 2 TBSP **chopped onion** (4 TBSP for 4), salt (we used ½ tsp; 1 tsp for 4), and plenty of pepper; form into 1-inch balls. Once Brussels sprouts have roasted 10 minutes, place **meatballs** on empty side of sheet along with **garlic foil packet**. (For 4, divide everything between 2 sheets.) Roast until **meatballs** are cooked through, Brussels sprouts are browned and tender, and garlic is softened, 10–12 minutes.

3.



While everything roasts, place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 12–15 minutes. Drain and return potatoes to pot. Keep covered off heat until ready to mash.

4.



Meanwhile, melt 1 TBSP **butter** (2 TBSP for 4 servings) in a large pan over medium heat. Add **remaining onion** and a pinch of salt and pepper. Cook, stirring, until lightly browned, 8–10 minutes. Add 1 TBSP **flour** (2 TBSP for 4); stir until lightly browned, 1 minute. Slowly stir in ¾ cup **water** (1½ cups for 4) and **stock concentrate**. Simmer until thickened, 2–4 minutes. Season with salt and pepper. Reduce heat to low.

5.



Carefully transfer **roasted garlic** to a cutting board; mash with a fork until smooth. Add to pot with **drained potatoes**, along with **sour cream** and 2 TBSP **butter** (4 TBSP for 4 servings). Mash until smooth and creamy, adding **splashes of water** (or milk, for an extra-rich experience) as needed. Season with salt and pepper.

6.



Add **meatballs** to pan with **gravy** and stir to coat. (If **gravy is too thick**, stir in a splash of warm water.) Divide **mashed potatoes** and **roasted Brussels sprouts** between plates. Top potatoes with meatballs and gravy.

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

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