



NUTRITION *per serving* 81g carbohydrates 36g fat 43g protein 1965mg sodium | soy-free, shellfish-free, nut-free

 Calories
804

 Prep & Cook Time
35-45 min.

 Cook Within
5 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

- .6 oz. Butter
- 1 ½ fl. oz. Liquid Egg
- 8 oz. Cremini Mushrooms
- 1 ½ Tbsp. Cornstarch
- 3 Tbsp. Meatloaf Seasoning
- 10 oz. Ground Beef
- 6 oz. Egg Noodles
- 3 oz. Pearl Onions, Frozen
- 4 tsp. Beef Demi-Glace

IN YOUR KITCHEN

- Olive Oil
- Salt
- Cooking Spray
- Medium Pot
- Baking Sheet
- Colander
- Small Bowl
- Mixing Bowl
- Medium Non-Stick Pan

www.homechef.com/3408


HOME CHEF

Beef Meatball Bourguignon
with cremini mushrooms and buttered egg noodles

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Set butter on counter to soften
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Using wet hands to form **meatballs** will prevent mixture from sticking to your hands.

FROM THE CHEF

Keep meatballs moving in pan to get an even browning over entire surface of meatballs. Any bits of meat stuck to pan will add flavor to mushrooms, so no need to wipe pan before next step.

Did you know...

Julia Child describes beef bourguignon as “certainly one of the most delicious beef dishes concocted by man.” Bon appétit!



Prepare the Ingredients

Quarter **mushrooms**. Mix **cornstarch** in a small bowl with $1\frac{1}{2}$ cups **water**.



Make the Meatballs

Combine **meatball seasoning** with **liquid egg** in a medium mixing bowl. Add **ground beef** and mix thoroughly. Evenly divide mixture into six portions, then roll each portion into a meatball.



Cook the Meatballs

Heat a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **meatballs** to hot pan and cook, turning frequently and keeping meatballs moving in pan, until browned all over, 4-5 minutes. Transfer meatballs to prepared baking sheet and bake until meatballs reach a minimum internal temperature of 160 degrees, 10-12 minutes. Reserve pan; no need to wipe clean. While meatballs cook, prepare noodles.



Cook the Noodles

Add **noodles** to boiling water and cook until just tender, 5-7 minutes. Drain in colander. Return noodles to pot and toss with **butter**. Cover and set aside.



Make the Gravy

Return pan used to cook meatballs to medium-high heat. Add **mushrooms** and $\frac{1}{2}$ tsp. **salt** to hot pan and cook, stirring occasionally, until lightly browned, 5-8 minutes. Add **pearl onions** to pan and cook until slightly browned, 2-4 minutes. Add **beef demi-glace** to **cornstarch slurry**, stir to combine, and add to pan. Increase heat to high, bring to a boil, then reduce to a simmer over medium heat. Cook until thickened to consistency of gravy, 1-3 minutes.



Plate the Dish

Serve **noodles** in a shallow bowl. Pour **sauce** with **mushrooms** and **pearl onions** over noodles and top with **meatballs**.