

Beef Patties with Carrot and Potato Mash

topped and Mushroom Gravy

hellóchef

Nostalgic homely dinner

Cals 1148 • Prot 48 • Carbs 79 • Fat 72

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🕒 cook: 35 min

R1992



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Beef patties	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Garlic cloves	2	2	3	Piece
Red onion	1	1	1	Piece
Organic Eggs 5*	1	1	2	Piece
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Olive oil	2	3	4	Tbsp
Mash				
Potatoes	600	900	1200	Grams
Carrot	1	2	2	Piece
Whole milk 4*	200	200	200	ML
Salt	1	1	2	Tsp
Gravy				
Shallots	2	3	4	Piece
Mushroom	250	250	250	Grams
Butter 4*	30	50	50	Grams
Plain flour 10*, 11*	10	15	20	Grams
Water	300	450	600	ML
Chicken stock cube 4*, 5*, 9*, 15*	0.5	1	1	Piece
Soy sauce 9*, 10*, 11*	10	10	20	ML
Black pepper	0.5	1	1	Tsp
Dried thyme	2	2	2	Grams

Allergens

*5 Eggs, *4 Milk, *10 Wheat, *11 Gluten, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4798 / 1148
Fat (g)	72
of which saturates (g)	31.5
Carbohydrate (g)	79
of which sugars (g)	20.9
Fiber (g)	14.9
Protein (g)	48.2
Salt (g)	3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prepare mash

Remove **beef mince** from the fridge. Peel and cut **potatoes** and **carrots** to small **cubes** and place in a pot. Cover with **water**. Bring to a boil. Reduce the heat and simmer for 15–20 minutes until both the **carrots** and **potatoes** are softened. Drain. Add **milk** and **salt**. Mash well using a potato masher.



2 Prepare patties

Peel and chop **garlic** and **red onion**. Mix them in a bowl with the **beef mince** and **eggs**. Season the mixture with **salt** and **pepper** and form into small patties.



3 Fry patties

Heat **oil** in a large pan. Once hot, add the patties. Reduce the heat to medium and fry for 4–5 minutes per side. Once the patties are cooked to your liking, remove from the pan and keep warm.



4 Fry veggies

Peel and chop **shallots**. Clean and slice **mushrooms**. Add **oil** on the pan and fry **shallots** for 2–3 minutes until softened. Add **mushrooms**. Fry for 5 more minutes.



5 Fry flour in butter

Add **butter** and **flour** on the pan and mix well. Cook for 2–3 minutes until the **butter** browns.



6 Finish gravy

Pour in the **water** in batches. Crumble in the **stock cube**. Bring to a boil and stir well. Once you have a good consistency for the **sauce**, season with **soy sauce**, **pepper** and **thyme**. Serve the patties with the mash, topped with the gravy.