



Glazed Beef Meatballs

with Loaded Potato Wedges and Side Salad

Family Friendly 30-40 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



	
	
Ground Turkey 250 g 500 g	Beyond Meat® 2 4
	
Ground Beef 250 g 500 g	Yellow Potato 350 g 700 g
	
Cheddar Cheese, shredded ½ cup 1 cup	Tomato 2 4
	
Baby Spinach 56 g 113 g	Green Onion 2 2
	
BBQ Seasoning 1 tbsp 1 tbsp	BBQ Sauce 4 tbsp 8 tbsp
	
Panko Breadcrumbs ½ cup ½ cup	Sour Cream 2 4
	
Ranch Dressing 2 tbsp 4 tbsp	

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
 Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Oil, pepper, salt

Cooking utensils | 2 baking sheets, 2 large bowls, measuring spoons, medium bowl, parchment paper, whisk

1



Roast potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Remove any brown spots from **potatoes** and cut into ½-inch wedges.
- To a parchment-lined baking sheet, add **potatoes** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 24-26 min, until tender and golden. (**NOTE:** For 4 servings, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Warm BBQ sauce

- In a large microwavable bowl, whisk together **BBQ sauce** and **2 tbsp** (4 tbsp) **water**.
- Microwave for 30 sec, until warmed through.
- When **meatballs** are done, transfer to the bowl with **warm BBQ sauce**. Stir until **meatballs** are fully coated with **sauce**.

2



Roast meatballs

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Meanwhile, to a medium bowl, add **beef**, **breadcrumbs**, **¼ tsp** (½ tsp) **salt** and **½ tbsp** (1 tbsp) **BBQ Seasoning**. (**TIP:** If you prefer more tender meatballs, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll **mixture** into 8 (16) equal-sized **meatballs**.
- Arrange **meatballs** on another parchment-lined baking sheet.
- Roast in the **top** of the oven for 10-12 min, until cooked through.**

5



Finish potato wedges

- When **potato wedges** are done, carefully remove from the oven, then sprinkle **cheese** over top.
- Return to the oven and roast for 3-4 min, until **cheese** melts.
- Sprinkle **green onions** over top.

3



Make side salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- To a large bowl, add **spinach**, **tomatoes** and **ranch dressing**. Season with **salt** and **pepper**, then toss to combine.

6



Finish and serve

- Divide loaded **potato wedges**, **glazed meatballs** and **salad** between plates.
- Dollop **sour cream** over **potato wedges** and spoon **any remaining BBQ sauce** from the bowl over **meatballs**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Roast meatballs

Swap | **Ground Turkey**

If you've opted to get **turkey**, prep and cook the same way the recipe instructs you to prep and cook the **beef**.** Disregard tip to add an **egg** to **mixture**.

2 | Roast Beyond Meat® meatballs

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook the same way the recipe instructs you to prep and cook **beef**.** Disregard tip to add an **egg** to **mixture**.

** Cook to a minimum internal temperature of 165°F.