



Apricot-Glazed Meatball Sandwich

with Garlic-Butter Rolls and Cranberry Salad

30 Minutes

↗ Customized Protein **+** Add **↻** Swap or ***2** 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](http://www.hellofresh.ca)



↻ Swap 	↻ Swap
Mild Italian Sausage, uncased 250 g 500 g	Plant-Based Ground Protein 250 g 500 g

Ground Beef 250 g 500 g	Sandwich Bun 2 4

Carrot 1 2	Spring Mix 56 g 113 g

Garlic Puree 1 tbsp 2 tbsp	Panko Breadcrumbs ¼ cup ½ cup

Apricot Spread 2 tbsp 4 tbsp	White Cheddar Cheese, shredded ½ cup 1 cup

Red Wine Vinegar 1 tbsp 2 tbsp	Salad Topping Mix 28 g 56 g

BBQ Sauce 4 tbsp 8 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.

1



Prep and marinate carrots

- Before starting, preheat your broiler to high.
- Wash and dry all produce.
- Add **apricot** spread and **3 tbsp** (6 tbsp) **BBQ sauce** to a small bowl, then stir to combine. Set aside.
- Peel, then coarsely grate **carrot**.
- Add **vinegar**, **¼ tsp** (½ tsp) **sugar** and **1 ½ tbsp** (3 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **carrots**, then toss to coat.

2



Form meatballs

- [Swap](#) | **Mild Italian Sausage**
- [Swap](#) | **Ground Protein**
- Add **beef**, **panko**, **remaining BBQ sauce**, **half the garlic puree** and **¼ tsp** (½ tsp) **salt** to a medium bowl. (**TIP**: If you prefer a more tender meatball, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll mixture into 8 equal-sized **meatballs** (16 meatballs for 4 ppl).

3



Cook meatballs

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **meatballs**.
- Cook, turning occasionally, until browned on all sides and cooked through, 11-13 min. ****** (**TIP**: Reduce heat to medium-low if browning too quickly.)
- Remove pan from heat. Carefully drain and discard fat.
- Add **apricot-BBQ sauce mixture**, then toss to coat **meatballs**.
- Cover to keep warm.

4



Toast garlic-butter rolls

- Meanwhile, halve **rolls**. Arrange on a baking sheet, cut-side up.
- Add **2 tbsp** (4 tbsp) **butter** to a small pot. Melt over medium heat, 1-2 min.
- Add **remaining garlic puree**. Cook, stirring often, until fragrant, 30 sec.
- Brush **garlic butter** onto **rolls**. Sprinkle **cheese** over **top halves**.
- Broil in the **middle** of the oven, until **cheese** melts, 1-3 min. (**TIP**: Keep an eye on rolls so they don't burn!)

5



Make salad

- Add **spring mix** to the bowl with **carrots**, then toss to combine.

6



Finish and serve

- Stack **some salad**, **meatballs** and **sauce** from the pan on **bottom buns**. Close with **top buns**. Cut **sandwiches** in half.
- Divide **sandwiches** and **remaining salad** between plates. Sprinkle **salad topping mix** over **salad**.

2 | Form meatballs

[Swap](#) | **Mild Italian Sausage**

If you've opted to get **mild Italian sausage**, cook it in the same way the recipe instructs you to cook the **beef**. ******

2 | Form meatballs

[Swap](#) | **Ground Protein**

If you've opted to get **plant-based ground protein**, prepare and cook it the same way the recipe instructs you to prepare and cook the **beef**. ****** Disregard tip to add an egg to the mixture.

