



# BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

Family Friendly 35 Minutes



Ground Beef



Ground Turkey



Red Potato



Broccoli, florets



Garlic



Chives



BBQ Sauce



BBQ Seasoning



Italian Breadcrumbs



Chicken Broth Concentrate



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO BBQ MEATBALLS

Our hack to quick and easy meatballs makes this recipe super speedy

## Start here

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

## Bust Out

Baking sheet, colander, measuring spoons, potato masher, aluminum foil, large bowl, small bowl, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Red Potato	360 g	720 g
Broccoli, florets	227 g	454 g
Garlic	6 g	12 g
Chives	7 g	14 g
BBQ Sauce	4 tbsp	8 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	¼ cup
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### Cook potatoes and prep

Cut **potatoes** into ½-inch pieces. Combine **potatoes, 2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. While **water** comes to a boil, finely chop **chives**. Peel, then mince or grate **garlic**. Stir together **broth concentrate, 3 tbsp BBQ sauce** and **2 tbsp water** (dbl both for 4 ppl) in a small bowl. Set aside.



### Mash potatoes

When **potatoes** are done, drain and return them to the same pot, off heat. Using a masher, mash **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**. Set aside.



### Make meatballs

Combine **beef, breadcrumbs, BBQ Seasoning, half the garlic, half the chives** and **remaining BBQ sauce** in a large bowl. Season with **pepper**. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min. \*\*

### CUSTOM RECIPE

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



### Coat meatballs

When **meatballs** are done, drizzle with **BBQ sauce mixture** from the small bowl, then toss to coat.



### Cook broccoli

While **meatballs** bake, cut **broccoli** into bite-sized pieces. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli, remaining garlic** and **2 tbsp water** (dbl for 4 ppl). Stir to combine. Cook, covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.



### Finish and serve

Divide **garlicky broccoli** and **smashed potatoes** between plates. Top **potatoes** with **BBQ meatballs**, then spoon over any **remaining sauce** from the baking sheet. Sprinkle **remaining chives** over top.

## Dinner Solved!