

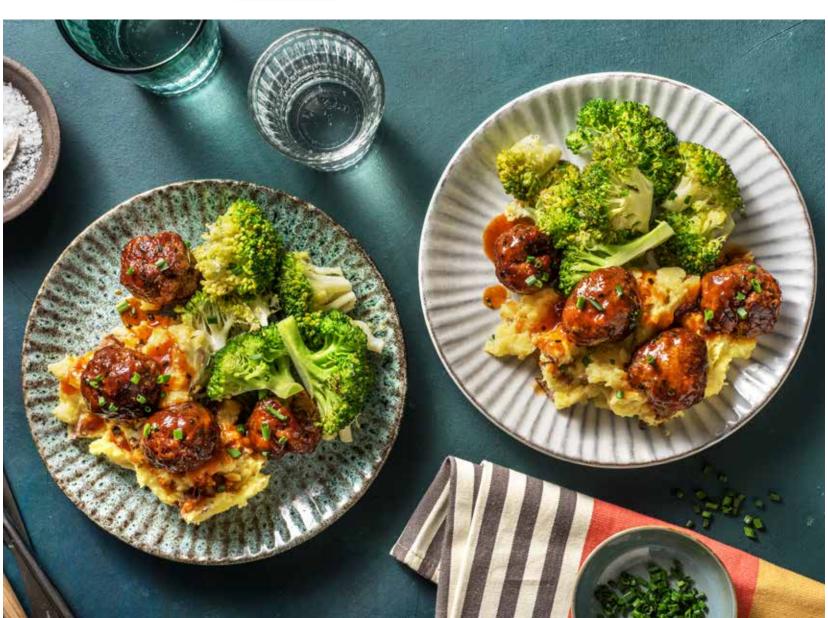
BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

Family Friendly

35 Minutes















Broccoli, florets





BBQ Sauce



BBQ Seasoning



Panko Breadcrumbs



Beef Broth Concentrate

Start here

- Before starting, preheat the oven to
- 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
Red Potato	360 g	720 g
Broccoli, florets	227 g	454 g
Garlic, cloves	2	4
Chives	7 g	14 g
BBQ Sauce	4 tbsp	8 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Panko Breadcrumbs	⅓ cup	½ cup
Beef Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper*

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.



Cook potatoes and prep

Cut **potatoes** into ½-inch pieces. Combine potatoes, 2 tsp salt and enough water to cover (by approx. 1 inch) in a large pot (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 **potatoes** cook, 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.



Make meatballs

Add beef, panko, BBQ Seasoning, half the garlic, half the chives and remaining BBQ sauce to a large bowl. Season with pepper, then combine. (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). Arrange **meatballs** on a foillined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.**



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.



Mash potatoes

When potatoes are done, drain and return them to the same pot, off heat. Roughly mash 1 tbsp butter and 2 tbsp milk (dbl both for 4 ppl) into **potatoes** until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with salt and pepper. Set aside.



Coat meatballs

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



Finish and serve

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

Dinner Solved!

Contact

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^{**} Cook to a minimum internal temperature of 74°C/165°F.