



BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

Family Friendly

35 Minutes



Cook to the beat! Scan the code using the Spotify App for a fresh playlist full of FamJams



Ground Beef



Red Potato



Broccoli, florets



Garlic, cloves



Chives



BBQ Sauce



BBQ Seasoning



Panko Breadcrumbs



Beef Broth Concentrate

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
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	¼ cup	½ cup
Beef 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 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



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.



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.



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 foil-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.**



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 **any remaining sauce** from the baking sheet over top. Sprinkle with **remaining chives**.

Dinner Solved!