



BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

30-40 Minutes



Ground Beef



Red Potato



Broccoli, florets



Garlic, cloves



Chives



BBQ Sauce



BBQ Seasoning



Panko Breadcrumbs



Beef Broth Concentrate



Scan the QR code to download our app.

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, slotted spoon, 2 large bowls, parchment paper, 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	7 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*	2 tbsp	4 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 us | (855) 272-7002
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.
- Finely chop **chives**.
- Peel, then mince or grate **garlic**.



Mash potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Roughly mash **2 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**, to taste.
- Cover to keep warm, then set aside.



Make meatballs

- Line a baking sheet with parchment paper.
- Add **beef**, **panko**, **BBQ Seasoning**, **half the garlic**, **half the chives** and **1 tbsp BBQ sauce** (dbl for 4 ppl) to a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to the mixture!) Season with **pepper**, then combine.
- Roll **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**



Coat meatballs

- Stir together **broth concentrate**, **remaining BBQ sauce** and **2 tbsp water** (dbl for 4 ppl) in another large bowl.
- When **meatballs** are done, use a slotted spoon to transfer **meatballs** to the bowl with **BBQ mixture**, then toss to coat.



Cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over medium heat.
- When hot, add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Cover and cook, stirring occasionally, until tender, 5-6 min.
- Add **1 tbsp oil** (dbl for 4 ppl) and **remaining garlic**. Cook, stirring often, until **garlic** is fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.



Finish and serve

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

Dinner Solved!