



# 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



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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

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1



### Cook potatoes and prep

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to 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.
- Meanwhile, finely chop **chives**.
- Peel, then mince or grate **garlic**.

4



### 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.

2



### 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.\*\*

5



### 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.

3



### 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.

6



### 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!