



BBQ Beef Meatballs


with Smashed Potatoes and Garlicky Broccoli

Family Friendly 30-40 Minutes

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↻ Swap





Ground Pork
250 g | 500 g





- 


Ground Beef
250 g | 500 g
- 


Russet Potato
2 | 4
- 


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
1/4 cup | 1/2 cup
- 

Beef Broth Concentrate
1 | 2

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.

Pantry items | Unsalted butter*, milk*, oil*, salt*, pepper*

Cooking utensils | Baking sheet, colander, measuring spoons, potato masher, slotted spoon, 2 large bowls, parchment paper, large pot, large non-stick pan

1



Cook potatoes and prep

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

- Peel, then 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**.

2



Make meatballs

Swap | Ground Pork

- Line a baking sheet with parchment paper.
- Add **beef**, **panko**, **BBQ Seasoning**, **half the garlic**, **half the chives** and **1 tbsp** (2 tbsp) **BBQ sauce** to a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll **mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

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** (4 tbsp) **water**. Cover and cook, stirring occasionally, until tender, 5-6 min.
- Add **1 tbsp** (2 tbsp) **oil** and **remaining garlic**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.

4



Mash potatoes

- When **potatoes** are fork-tender, drain and return to the same pot, off heat.
- Roughly mash **2 tbsp** (4 tbsp) **butter** and **2 tbsp** (4 tbsp) **milk** into **potatoes** until slightly mashed.
- Season with **salt** and **pepper**, to taste.
- Cover to keep warm, then set aside.

5



Coat meatballs

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

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**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Make pork meatballs

Swap | Ground Pork

If you've opted to get **pork**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef****

** Cook beef and pork to a minimum internal temperature of 74°C/165°F.



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