



BBQ BEEF MEATBALLS WITH SMASHED POTATOES and Green Beans



HELLO

BBQ MEATBALLS

Our hack to quick and easy meatballs makes this recipe super speedy

TIME: 35 MIN



Ground Beef



BBQ Sauce



Garlic



BBQ Seasoning



Red Potato



Panko Breadcrumbs



Green Beans



Chives



Beef Broth Concentrate

BUST OUT

- Baking Sheet
- Large Pot
- Measuring Spoons
- Whisk
- 2 Large Bowls
- Measuring Cups
- Garlic Press
- Strainer
- Aluminum Foil
- Potato Masher
- Large Non-Stick Pan
- Salt and Pepper
- Milk **2** (¼ cup)
- Olive or Canola Oil
- Unsalted Butter **2** (2 tbsp)

INGREDIENTS

4-person

- Ground Beef 500 g
- BBQ Sauce **6,9** 4 tbsp
- Garlic 9 g
- BBQ Seasoning **6** 1 tbsp
- Red Potato 1 cup
- Panko Breadcrumbs **1** ¼ cup
- Green Beans 340 g
- Chives 7 g
- Beef Broth Concentrate 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **450°F** (to bake meatballs). Start prepping when the oven comes up to temperature!



1 COOK POTATOES
Wash and dry all produce.* Cut **potatoes** into ½-inch pieces. In a large pot, combine **potatoes**, **2 tsp salt** and enough **water** to cover (approximately 1 inch). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until **potatoes** are fork-tender, 10-12 min. Meanwhile, peel, then mince or grate **garlic**. Finely chop **chives**.



4 MASH POTATOES
When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Using a potato masher, mash **2 tbsp butter** and **¼ cup milk** into **potatoes** until smooth. Season with **salt** and **pepper**. Set aside.



2 MAKE MEATBALLS
In a large bowl, combine **beef**, **panko**, **half the garlic**, **half the chives** and **1 tbsp BBQ seasoning**. Season with **salt** and **pepper**. Roll **beef mixture** into equal 2-inch sized **meatballs** (you should have 16). Transfer **meatballs** to a foil-lined baking sheet. Bake in **middle** of oven until cooked through, 10-12 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**)



5 COAT MEATBALLS
Meanwhile, in another large bowl, whisk together **BBQ sauce**, **broth concentrates** and **¼ cup water**. Set aside. When **meatballs** are finished cooking, transfer to **BBQ sauce mixture**. Stir together, until **meatballs** are fully coated with **sauce**.



3 COOK BEANS
Meanwhile, cut stems off **green beans**, if needed, then cut in half. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **beans** and **remaining garlic**. Cook, stirring occasionally, until **beans** are tender, 3-4 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE
Divide **mashed potatoes** between plates. Top with **BBQ meatballs**, spooning over any **remaining sauce** from the bowl. Sprinkle **remaining chives** over **meatballs**. Serve **garlicky green beans** alongside.

ROLL WITH IT!

Making meatballs has never been so easy.