



BBQ Beef Meatballs with Smashed Potatoes and Broccoli

Family 35 Minutes



-  Ground Beef
-  BBQ Sauce
-  Garlic
-  BBQ Seasoning
-  Red Potato
-  Italian Breadcrumbs
-  Chives
-  Beef Broth Concentrate
-  Broccoli, florets

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

2 Baking sheets, measuring spoons, potato masher, colander, aluminum foil, 2 large bowls, measuring cups, whisk, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
BBQ Sauce	¼ cup	¼ cup
Garlic	6 g	12 g
BBQ Seasoning	1 tbsp	1 tbsp
Red Potato	300 g	600 g
Italian Breadcrumbs	¼ cup	¼ cup
Chives	7 g	14 g
Beef Broth Concentrate	1	2
Broccoli, florets	227 g	454 g
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook potatoes and prep

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. While the **potatoes** boil, finely chop **chives**. Peel, then mince or grate **garlic**.



Mash potatoes

When **potatoes** are done, drain and return them to the same pot, off heat. Using a masher, mash **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**. Set aside.



Make meatballs

Combine **beef**, **breadcrumbs**, **BBQ seasoning**, **half the garlic** and **half the chives** in a large bowl. Season with **salt** and **pepper**. Roll **beef mixture** into **8 equal 2-inch sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min.**



Coat meatballs

Whisk together **broth concentrate**, **BBQ sauce** and **2 tbsp water** (dbl for 4 ppl) in another large bowl. Set aside. When **meatballs** are done, transfer to **BBQ sauce mixture**. Stir together, until **meatballs** are fully coated in the **sauce**.



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 together. Cook, covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.



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 broccoli** alongside.

Dinner Solved!