



# BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

Family Friendly 35 Minutes



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

**CUSTOM RECIPE**  
This is a Custom Recipe. If you chose double the beef, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

## 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, aluminum foil, 2 large bowls, small bowl, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 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*	1 tbsp	2 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.

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## 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.
- Meanwhile, finely chop **chives**.
- Peel, then mince or grate **garlic**.
- Stir together **broth concentrate**, **3 tbsp BBQ sauce** and **2 tbsp water** (dbl both for 4 ppl) in a small bowl. Set aside.



## Mash potatoes

- When **potatoes** are fork-tender, drain and return **potatoes** to the same pot, off heat.
- Roughly mash **1 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

- Add **beef**, **panko**, **BBQ Seasoning**, **half the garlic**, **half the chives** and **remaining BBQ sauce** to a large bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on a foil-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.\*\*

If you've opted for **double beef**, add **¼ tsp salt** (dbl for 4 ppl) to the **beef mixture**. (**TIP:** For 4 ppl, if you prefer a firmer meatball, add 2 eggs to the mixture!) Roll mixture into **16 equal-sized meatballs** (32 for 4 ppl).



## Coat meatballs

- When **meatballs** are done, use a slotted spoon to transfer **meatballs** to a clean large bowl.
- Drizzle **BBQ sauce** from the small bowl over **meatballs**, 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, 4-5 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!