



Carb Smart Curd-Stuffed Meatballs

with Cauliflower Mash

Carb Smart

Quick

25 Minutes

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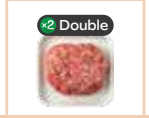
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or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
500 g | 1000 g



Ground Beef
250 g | 500 g



Cheese Curds
56 g | 113 g



Cauliflower, florets
285 g | 570 g



Montreal Steak
Spice
1 tbsp | 2 tbsp



Carrot
2 | 4



Cream Cheese
1 | 2



Beef Broth
Concentrate
1 | 2



Italian Breadcrumbs
1/4 cup | 1/2 cup



Chives
7 g | 7 g

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.

1



Prep and roast carrots

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Thinly slice **chives**.
- Cut **cauliflower** into bite-sized pieces.
- Peel, then cut **carrots** into ½-inch coins.
- Add **carrots**, ¼ **tsp** (½ **tsp**) **Montreal Steak Spice** and **1 tbsp** (2 **tbsp**) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender-crisp, 14-16 min.

2



Prep meatballs

×2 Double | Ground Beef

- Meanwhile, add **beef**, **broth concentrate**, **breadcrumbs**, **half the chives**, ½ **tsp** (1 **tsp**) **Montreal Spice Blend** to a large bowl. (**TIP**: If you prefer a more tender meatball, add an egg to mixture!)
- Combine, then form **beef mixture** into **8 equal-sized patties** (16 patties for 4 ppl).
- Add **one cheese curd** to the middle of **each patty**, then shape and press **patty** firmly around **cheese curd**, fully enclosing it to create a ball.
- Repeat until **all meatballs** are formed.

3



Bake meatballs

- Arrange **meatballs** on another parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 14-16 min. **

4



Cook cauliflower

- Add **cauliflower**, **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-high.
- Cook uncovered until fork-tender, 10-12 min.
- Drain and return **cauliflower** to the same pot, off heat.
- Mash **1 tbsp** (2 **tbsp**) **butter** and **cream cheese** into **cauliflower** until almost creamy. (**NOTE**: Cauliflower mash will still have a few lumps!)
- Season with **salt** and **pepper**, to taste.

5



Finish and serve

- Divide **cauliflower mash**, **roasted carrots** and **stuffed meatballs** between plates.
- Sprinkle **remaining chives** over top.

2 | Prep meatballs

×2 Double | Ground Beef

If you've opted for **double beef**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of beef**. Work in batches, if necessary.

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



Issue with your meal? Scan the QR code to share your feedback.