



# Glazed Beef Meatballs

with Loaded Potato Wedges and Side Salad

Family Friendly 30 Minutes



-  Ground Beef
-  Ground Turkey
-  Russet Potato
-  Sour Cream
-  Cheddar Cheese, shredded
-  Green Onions
-  BBQ Seasoning
-  BBQ Sauce
-  Panko Breadcrumbs
-  Baby Spinach
-  Carrot
-  White Wine Vinegar

**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO BBQ SAUCE  
Sticky, sweet, smoky and oh so good!

## Start here

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

## Bust out

2 Baking sheets, medium bowl, vegetable peeler, measuring spoons, box grater, 2 large bowls, parchment paper, whisk

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Russet Potato	460 g	920 g
Sour Cream	6 tbsp	12 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Green Onions	2	2
BBQ Seasoning	1 tbsp	1 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Baby Spinach	56 g	113 g
Carrot	85 g	170 g
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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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## Prep

Cut **potatoes** into ½-inch wedges. Thinly slice **green onions**. Peel, then coarsely grate **half the carrot** (whole carrot for 4 ppl).



## Make side salad

While **meatballs** bake, whisk together **vinegar**, ½ **tsp sugar** and 2 **tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **spinach** and **grated carrots**. Toss to combine.



## Roast potato wedges

Add **potatoes** and 1 **tbsp oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven until golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## Warm BBQ sauce

Whisk together **BBQ sauce** and 2 **tbsp water** (dbl for 4 ppl) in a large microwave-safe bowl. Microwave until warmed through, 30 sec. When **meatballs** are finished cooking, transfer them to the bowl with **warm BBQ sauce**. Stir until **meatballs** are fully coated with **sauce**.



## Bake meatballs

While **potato wedges** roast, add **beef**, **panko**, ¼ **tsp salt** and ½ **tbsp BBQ Seasoning** (dbl both for 4 ppl) to a medium bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Season with **pepper**, then combine. Roll mixture into 8 **equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on a parchment-lined baking sheet. Bake in the **top** of the oven until golden and cooked through, 10-12 min.\*\*



## CUSTOM RECIPE

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



## Finish and serve

When **potato wedges** are done, sprinkle with **cheese** and **green onions**. Divide **loaded potato wedges**, **glazed meatballs** and **salad** between plates. Dollop **sour cream** over **potatoes** and spoon any **remaining BBQ sauce** from the bowl over **meatballs**.

## Dinner Solved!