



# Gravy Smothered Meatballs

## with Chive Mash Potatoes

Carb Smart

30 Minutes



Ground Beef



Beef Broth Concentrate



Chives



Sour Cream



Panko Breadcrumbs



BBQ Seasoning



Green Beans



Yellow Potato



Yellow Onion



Flour

### HELLO CHIVES

*These slender green alliums lend a mild oniony bite to creamy mashed potatoes.*

## Start here

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

## Bust Out

Baking sheet, colander, measuring spoons, potato masher, large bowl, measuring cups, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beef Broth Concentrate	1	2
Chives	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Panko Breadcrumbs	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Yellow Potato	300 g	600 g
Yellow Onion	113 g	226 g
All-Purpose Flour	½ tbsp	1 tbsp
Unsalted Butter*	1 tbsp	2 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 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.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep

Peel, then cut **potatoes** into quarters. Finely chop **chives**. Halve, peel, then thinly slice **onion**. Trim **green beans**.



## Roast meatballs and green beans

Place **meatballs** on one side of a baking sheet. Toss **green beans** with **½ tbsp oil** on the other side of the baking sheet. Season with **salt** and **pepper**. Roast, in the **middle** of the oven, tossing **green beans** halfway through cooking, until **meatballs** are cooked through, 14-16 min. **\*\* (NOTE: For 4 ppl use two baking sheets and roast in the middle and the top of the oven, rotating the sheets halfway through cooking.)**



## Cook potatoes

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. Drain and return them to the same pot, off heat. Using a masher, roughly mash **sour cream** and **half the chives** into **potatoes**. Season with **salt** and **pepper**.



## Make onion gravy

While **meatballs** and **green beans** roast, heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring, until softened, 7-9 min. Sprinkle **flour** over top of **onions**. **Cook**, until coated, 1 min. Add **broth concentrate**, **remaining BBQ Seasoning** and **¾ cup water** (dbl for 4 ppl). Cook, stirring often, until **gravy** thickens slightly, 2-3 min.



## Form meatballs

While **potatoes** boil, combine **beef**, **half the BBQ Seasoning**, **2 tbsp panko** and **¼ tsp salt** (dbl both for 4 ppl) in a large bowl. Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). **(NOTE: If you have eggs and desire a firmer meatball, add 1 egg to the beef mixture.)**



## Finish and serve

Divide **mash**, **meatballs** and **green beans** between plates. Spoon **gravy** over **meatballs**. Sprinkle **remaining chives** over top.

## Dinner Solved!