












# Saucy BBQ Beef Meatballs

with Mashed Potatoes and Garlicky Broccoli

35 Minutes



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

### CUSTOM RECIPE

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

### 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

Baking sheet, vegetable peeler, measuring spoons, potato masher, strainer, 2 large bowls, parchment paper, large pot, large non-stick pan

## Ingredients

|                        | 2 Person | 4 Person |
|------------------------|----------|----------|
| Ground Beef            | 250 g    | 500 g    |
| Double Ground Beef     | 500 g    | 1000 g   |
| BBQ Sauce              | 4 tbsp   | 8 tbsp   |
| Garlic, cloves         | 2        | 4        |
| BBQ Seasoning          | 1 tbsp   | 2 tbsp   |
| Russet Potato          | 460 g    | 920 g    |
| Italian Breadcrumbs    | ¼ cup    | ½ cup    |
| Broccoli, florets      | 227 g    | 454 g    |
| Chives                 | 7 g      | 7 g      |
| Beef Broth Concentrate | 1        | 2        |
| Butter*                | 1 tbsp   | 2 tbsp   |
| Milk*                  | 3 tbsp   | 6 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

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **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. Simmer uncovered until fork-tender, 10-12 min.



## Mash potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash **1 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.
- Set aside.



## Bake meatballs

- Meanwhile, thinly slice **chives**.
- Peel, then mince or grate **garlic**.
- Add **beef**, **breadcrumbs**, **half the garlic**, **half the chives** and **BBQ Seasoning** to a large bowl. Season with **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl), then combine. (**NOTE:** If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).
- Arrange **meatballs** on a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 12-14 min.\*\*

If you've opted for **double beef**, add an additional **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!) Form into **16 equal-sized meatballs** (32 for 4 ppl).



## Coat meatballs

- When **meatballs** are done, stir together **broth concentrate**, **BBQ sauce** and **2 tbsp water** (dbl for 4 ppl) in another large bowl.
- Add **meatballs**, then toss gently to coat.



## Cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli**, **remaining garlic** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Remove the pan from heat, then cover to keep warm.



## Finish and serve

- Divide **mashed potatoes** between plates.
- Top with **BBQ meatballs**, then spoon over **any remaining sauce** from the large bowl.
- Sprinkle with **remaining chives**.
- Serve **garlicky broccoli** alongside.

## Dinner Solved!