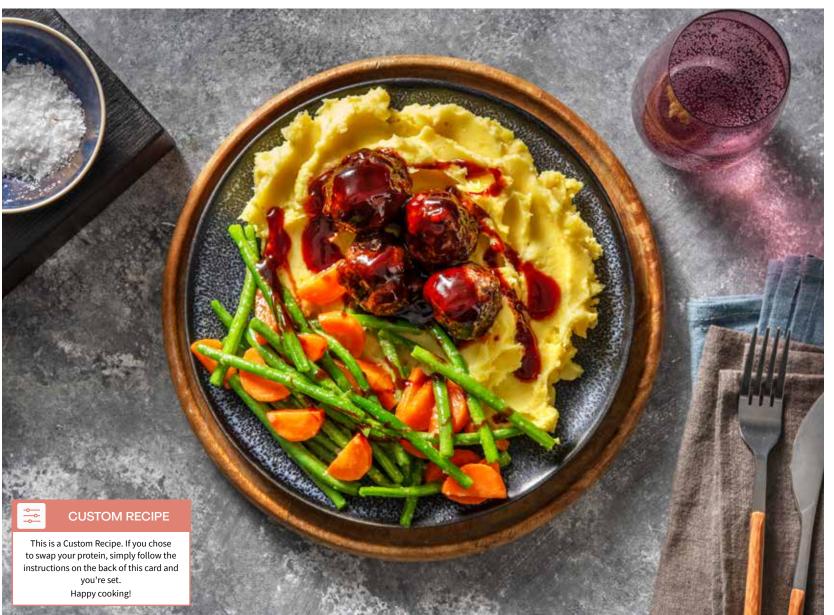


Saucy Lamb Meatballs

with Creamy Mash

Family Friendly

30 Minutes









Italian Breadcrumbs



Plum Sauce





Green Beans

Sour Cream

Russet Potato





BBQ Sauce







Green Onions

HELLO BBQ SAUCE

Start here

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

Bust out

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

Ingredients

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|------------------------|----------|----------|
| | 2 Person | 4 Person |
| Ground Lamb | 250 g | 500 g |
| ≅ Ground Turkey | 250 g | 500 g |
| Italian Breadcrumbs | ⅓ cup | ½ cup |
| Plum Sauce | 60 ml | 120 ml |
| Russet Potato | 460 g | 920 g |
| Green Beans | 170 g | 340 g |
| BBQ Sauce | 4 tbsp | 8 tbsp |
| Sour Cream | 3 tbsp | 6 tbsp |
| Garlic | 6 g | 12 g |
| Carrot | 170 g | 340 g |
| Green Onions | 2 | 4 |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Oil* | | |
| Salt and Pepper* | | |
| | | |

^{*} Pantry items

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.

Contact

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Cook potatoes and prep

Peel, then 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 forktender, 10-12 min. While **potatoes** boil, trim **green beans**. Thinly slice **green onions**. Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Peel, then mince **garlic**.



Mash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **2 tbsp butter** (dbl for 4 ppl) and **sour cream** into **potatoes** until smooth. Season with **salt** and **pepper**. Set aside.



Form and cook meatballs

Combine lamb, breadcrumbs, green onions and half the garlic in a large bowl. Season with ¼ tsp salt and ¼ tsp pepper (dbl both for 4 ppl). (TIP: If you prefer a firmer meatball, add an egg to the mixture!) Roll lamb mixture into 8 equal-sized meatballs (16 for 4 ppl). Transfer meatballs to a parchment-lined baking sheet. Bake in the middle of the oven until 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 cook the **lamb**.



Coat meatballs

Whisk together BBQ sauce and plum sauce in another large bowl. When meatballs are done, transfer to the large bowl with BBQ sauce mixture. Stir until meatballs are coated.



Cook veggies

Heat a large non-stick pan over mediumhigh heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans**, **carrots**, **remaining garlic** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 5-6 min. Season with **salt** and **pepper**.



Finish and serve

Divide **mashed potatoes** between plates. Top with **BBQ meatballs**, spooning over any **remaining sauce** from the bowl. Serve **veggies** alongside.

Dinner Solved!

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