



Saucy Lamb Meatballs

with Creamy Mash

Family Friendly 30 Minutes



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!

- Ground Lamb
- Ground Turkey
- Italian Breadcrumbs
- Plum Sauce
- Russet Potato
- Green Beans
- BBQ Sauce
- Sour Cream
- Garlic
- Carrot
- Green Onions

HELLO BBQ SAUCE

This sweet and smoky sauce adds depth to grilled and roasted dishes!

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

	2 Person	4 Person
Ground Lamb	250 g	500 g
Ground Turkey	250 g	500 g
Italian Breadcrumbs	¼ 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

** 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.

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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 fork-tender, 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 medium-high 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!