



Saucy Lamb Meatballs

with Creamy Mash

Family Friendly 30 Minutes



Ground Lamb



Italian Breadcrumbs



Plum Sauce



Russet Potato



Broccoli, florets



BBQ Sauce



Sour Cream



Garlic Puree



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
Italian Breadcrumbs	¼ cup	½ cup
Plum Sauce	60 ml	120 ml
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
BBQ Sauce	4 tbsp	8 tbsp
Sour Cream	3 tbsp	6 tbsp
Garlic Puree	1 tbsp	2 tbsp
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 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Cook potatoes and prep

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. While **potatoes** boil, cut **broccoli** into bite-sized pieces. Thinly slice **green onions**.



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

Add **lamb**, **breadcrumbs**, **half the green onions** and **half the garlic puree** to a large bowl. Season with **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl), then combine. (**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.**



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** and stir to coat.



Cook broccoli

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli**, **remaining garlic puree** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is 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 **broccoli** alongside. Sprinkle **remaining green onions** over top.

Dinner Solved!