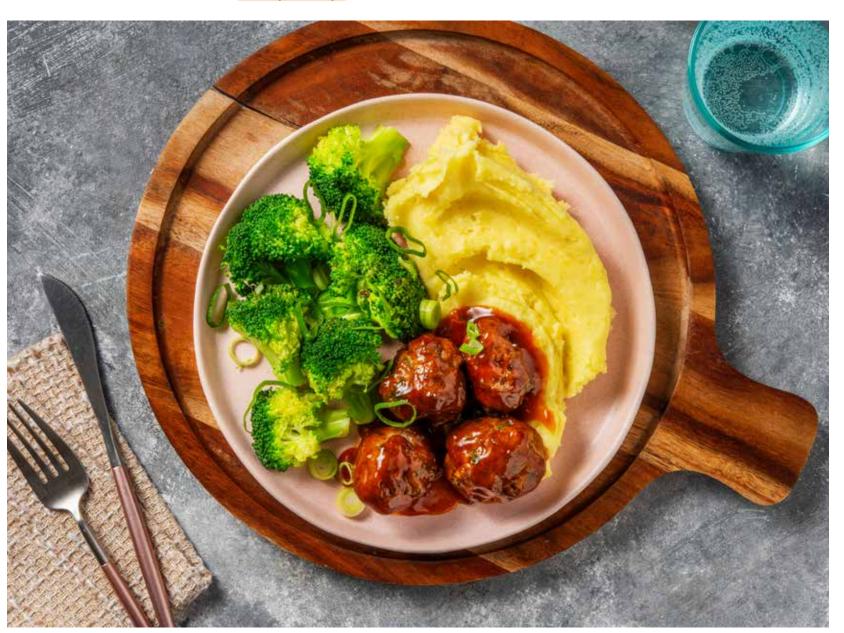


# Saucy Lamb Meatballs

with Creamy Mash

Family Friendly

30 Minutes







**Ground Lamb** 





Plum Sauce



Broccoli, florets



**Russet Potato** 



Sour Cream



Garlic Puree



**Green Onions** 

## Start here

- Before starting, preheat the oven to
- 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

9		
	2 Person	4 Person
Ground Lamb	250 g	500 g
Italian Breadcrumbs	⅓ 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*		

<sup>\*</sup> Pantry items

## 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.



## 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.



#### Form and cook meatballs

Add lamb, breadcrumbs, half the green onions and half the garlic puree to a large bowl. Season with 1/4 tsp salt and 1/4 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.\*\*



#### 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**.



## 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.



### 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.



#### 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!**

#### Contact

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<sup>\*\*</sup> Cook to a minimum internal temperature of 74°C/165°F.