



BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Sugar Snap Peas

Family Friendly

30 - 40 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

Swap



Ground Turkey
250 g | 500 g

Swap



Mild Italian Sausage, uncased
250 g | 500 g



Ground Beef
250 g | 500 g



Russet Potato
2 | 4



Garlic Cloves
2 | 4



Chives
7 g | 7 g



BBQ Sauce
4 tbsp | 8 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Panko Breadcrumbs
1/4 cup | 1/2 cup



Beef Broth Concentrate
1 | 2



Sugar Snap Peas
113 g | 227 g



Green Peas
56 g | 113 g



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.

Pantry items | Unsalted butter, pepper, milk, salt, oil

Cooking utensils | Baking sheet, colander, 2 large bowls, large non-stick pan, large pot, measuring spoons, parchment paper, potato masher, slotted spoon, vegetable peeler

1



Cook potatoes and prep

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

- 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.
- Meanwhile, finely chop **chives**.
- Peel, then mince or grate **garlic**.

2



Make meatballs

- 🔄 Swap | **Ground Turkey**
- 🔄 Swap | **Mild Italian Sausage**

- Line a baking sheet with parchment paper.
- Add **beef**, **panko**, **BBQ Seasoning**, **half the garlic**, **half the chives** and **1 tbsp (2 tbsp) BBQ sauce** to a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to mixture.)
- Season with **pepper**, then combine.
- Roll mixture into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

3



Cook peas

- Meanwhile, trim **sugar snap peas**.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp (2 tbsp) oil**, then **green peas**. Cook, stirring often, until warmed through, 1-2 min.
- Add **sugar snap peas** to the pan. Cook, stirring often, until tender-crisp, 3-4 min.
- Add **remaining garlic**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.

4



Mash potatoes

- When **potatoes** are fork-tender, drain and return to the same pot, off heat.
- Roughly mash **2 tbsp (4 tbsp) butter** and **2 tbsp (4 tbsp) milk** into **potatoes** until slightly mashed.
- Season with **salt** and **pepper**, to taste.
- Cover to keep warm, then set aside.

5



Coat meatballs

- Stir together **broth concentrate**, **remaining BBQ sauce** and **2 tbsp (4 tbsp) water** in another large bowl.
- When **meatballs** are done, use a slotted spoon to transfer them to the bowl with **BBQ sauce mixture**, then toss to coat.

6



Finish and serve

- Divide **garlicky peas** and **smashed potatoes** between plates.
- Top **potatoes** with **BBQ meatballs**, then spoon **any remaining sauce** from the bowl over top.
- Sprinkle with **remaining chives**.

Measurements within steps

| | | |
|----------|----------|------------|
| 1 tbsp | (2 tbsp) | oil |
| 2 person | 4 person | Ingredient |

2 | Make meatballs

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef****

2 | Make meatballs

🔄 Swap | **Mild Italian Sausage**

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the **beef****

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