



# Carb Smart Curd-Stuffed Meatballs

## with Cauliflower Mash

Smart Meal 25 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](https://www.hellofresh.ca)



<span>↻</span> Swap	<span>↻</span> Swap
Ground Turkey 250 g   500 g	Plant-Based Ground Protein 250 g   500 g

Ground Beef 250 g   500 g	Cheese Curds ½ cup   1 cup

Cauliflower 285 g   570 g	Montreal Steak Spice 1 tbsp   2 tbsp

Carrot 2   4	Cream Cheese 1   2

Beef Broth Concentrate 1   2	Italian Breadcrumbs 4 tbsp   8 tbsp

Chives 7 g   7 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, salt, pepper, oil

**Cooking utensils** | 2 baking sheets, colander, large bowl, large pot, measuring spoons, parchment paper, potato masher, vegetable peeler

1



## Prep and roast carrots

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Thinly slice **chives**.
- Cut **cauliflower** into bite-sized pieces.
- Peel, then cut **carrots** into ½-inch coins.
- Add **carrots**, ¼ tsp (½ tsp) **Montreal Steak Spice** and 1 tbsp (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender-crisp, 14-16 min.

4



## Cook cauliflower

- Add **cauliflower**, 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-high.
- Cook uncovered until fork-tender, 10-12 min.
- Drain and return **cauliflower** to the same pot, off heat. Mash 1 tbsp (2 tbsp) **butter** and **cream cheese** into **cauliflower** until almost creamy. (**NOTE**: Cauliflower mash will still have a few lumps.) Season with **salt** and **pepper**, to taste.

2



## Prep meatballs

🔄 Swap | **Ground Turkey**

🔄 Swap | **Plant-Based Ground Protein**

- Meanwhile, add **beef**, **broth concentrate**, **breadcrumbs**, **half the chives**, ½ tsp (1 tsp) **Montreal Steak Spice** to a large bowl. (**TIP**: If you prefer a more tender meatball, add an egg to mixture.)
- Combine, then form **beef mixture** into 8 **equal-sized patties** (16 patties for 4 ppl).
- Add **one cheese curd** to the middle of **each patty**, then shape and press patty firmly around **cheese curd**, fully enclosing it to create a ball. Repeat until all **meatballs** are formed.

3



## Bake meatballs

- Arrange **meatballs** on another parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 14-16 min.\*\*

5



## Finish and serve

- Divide **cauliflower mash**, **roasted carrots** and **stuffed meatballs** between plates.
- Sprinkle **remaining chives** over top.

Measurements  
within steps

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

## 2 | Prep 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 | Prep meatballs

🔄 Swap | **Plant-Based Ground Protein**

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook and plate the **beef**\*\* Disregard tip to add an egg to the mixture.

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