

Carb Smart Curd-Stuffed Meatballs

with Cauliflower Mash

Smart Meal

25 Minutes





Turkey 250 g | 500 g

Ground Protein 250 g | 500 g



Ground Beef



250 g | 500 g



1/2 cup | 1 cup



Cauliflower





285 g | 570 g



Carrot







Beef Broth

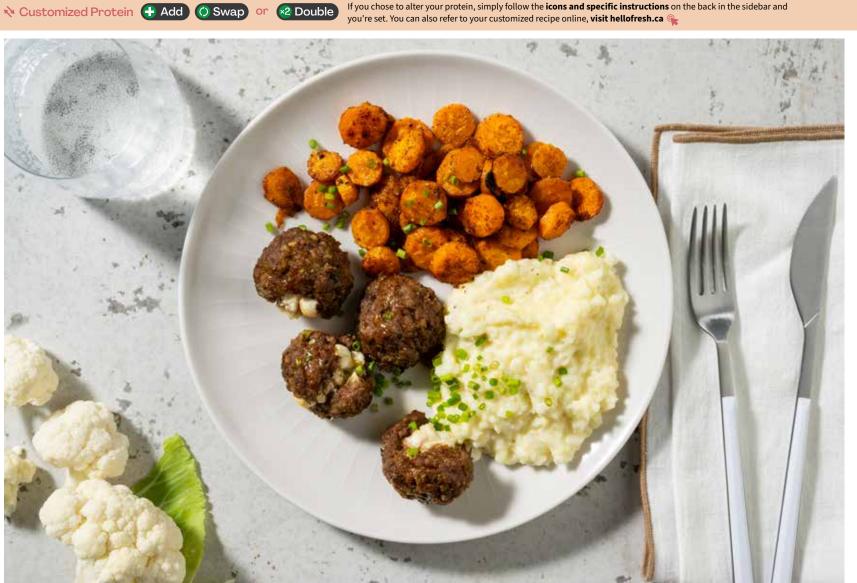


Concentrate 1 2

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



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.



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.



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.



Finish and serve

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



Bake meatballs

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

Measurements within steps

1 tbsp (2 tbsp)

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oil

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

O 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.