

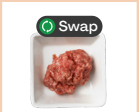


# Carb Smart Cheese Stuffed Meatballs

## with Cauliflower Mash

Smart Meal

25 Minutes



Ground Turkey  
250 g | 500 g

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)



Ground Beef  
250 g | 500 g



Mozzarella  
Cheese, shredded  
3/4 cup | 1 1/2 cups



Cauliflower  
285 g | 570 g



Montreal Spice  
Blend  
1 tbsp | 2 tbsp



Carrot  
2 | 4



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 Spice Blend** 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** into **cauliflower** until almost creamy. (**NOTE:** Cauliflower mash will still have a few lumps!)
- Season with **salt** and **pepper**.

2



### Prep meatballs

[Swap](#) | [Ground Turkey](#)

- Meanwhile, add **beef**, **broth concentrate**, **breadcrumbs**, **half the chives**, ½ tsp (1 tsp) **Montreal Spice Blend** 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 ½ **tbsp mozzarella** to the **middle** of **each patty**, then shape and press **patty** firmly around **cheese**, fully enclosing it to create a ball.
- Repeat until all **meatballs** are formed.

5



### Finish and serve

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

3



### Bake meatballs

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

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**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef**. **\*\***

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