



BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

Family Friendly 30 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  Beyond Meat® 2 4
 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 3/8 cup	 Beef Broth Concentrate 1 2
 Broccoli 227 g 454 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**.
- Cut **broccoli** into bite-sized pieces.

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.

2



Make meatballs

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- 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** (16) **equal-sized meatballs**.
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

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.

3



Cook broccoli

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **broccoli** and **2 tbsp** (4 tbsp) **water**. Cover and cook, stirring occasionally, until tender, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil** and **remaining garlic**. Cook, stirring often, until **garlic** is fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Divide **garlicky broccoli** 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**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef****

2 | Make meatballs

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare and cook it the same way the recipe instructs you to prepare and cook the **beef****
Disregard tip to add an **egg** to **mixture**.

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