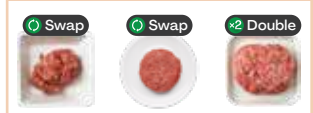




Glazed Beef Meatballs

with Loaded Potato Wedges and Side Salad

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)

Ground Turkey 250 g | 500 g
Beyond Meat® 2 | 4
Ground Beef 500 g | 1000 g



Ground Beef
250 g | 500 g



Yellow Potato
350 g | 700 g



Cheddar Cheese, shredded
½ cup | 1 cup



Tomato
2 | 4



Baby Spinach
56 g | 113 g



Green Onion
2 | 2



BBQ Seasoning
½ tbsp | 1 tbsp



BBQ Sauce
4 tbsp | 8 tbsp



Panko Breadcrumbs
½ cup | ½ cup



Sour Cream
2 | 4



Ranch Dressing
2 tbsp | 4 tbsp

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 | Oil, pepper, salt

Cooking utensils | 2 baking sheets, 2 large bowls, measuring spoons, medium bowl, parchment paper, whisk

1



Roast potato wedges

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

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until tender and golden-brown, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Warm BBQ sauce

- Whisk together **BBQ sauce** and **2 tbsp (4 tbsp) water** in a large microwaveable bowl.
- Microwave until warmed through, 30 sec.
- When **meatballs** are done, transfer to the bowl with **warm BBQ sauce**. Stir until **meatballs** are fully coated in **sauce**.

2



Roast meatballs

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

*2 Double | **Ground Beef**

- Meanwhile, add **beef, panko, ¼ tsp (½ tsp) salt** and **½ tbsp (1 tbsp) BBQ Seasoning** to a medium bowl. (**TIP:** If you prefer more tender meatballs, add an egg to mixture!)
- Season with **pepper**, then combine.
- Roll **mixture** into 8 (16) equal-sized **meatballs**.
- Arrange **meatballs** on another parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.**

5



Finish potato wedges

- When **potato wedges** are done, carefully remove from the oven, then sprinkle **cheese** over top.
- Return to the oven and roast until **cheese** melts, 3-4 min.
- Sprinkle **green onions** over top.

3



Make side salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Thinly slice **green onions**.
- Add **spinach, tomatoes** and **ranch dressing** to a large bowl. Season with **salt** and **pepper**, then toss to combine.

6



Finish and serve

- Divide loaded **potato wedges, glazed meatballs** and **salad** between plates.
- Dollop **sour cream** over **potato wedges** and spoon **any remaining BBQ sauce** from the bowl over **meatballs**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Roast meatballs

🔄 Swap | **Ground Turkey**

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

2 | Roast Beyond Meat® meatballs

🔄 Swap | **Beyond Meat®**

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

2 | Roast meatballs

*2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **¼ tsp (½ tsp) salt** to the **beef mixture**. (**TIP:** For 4 servings, if you prefer more tender meatballs add 2 eggs to the mixture!) Roll **mixture** into **16 (32) equal-sized meatballs**.

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