

HELLO BBQ Beef Meatballs with Smashed Potatoes and Garlic

with Smashed Potatoes and Garlicky Broccoli

Family Friendly 30 Minutes





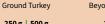






If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫











Ground Beef 250 g | 500 g

Russet Potato 2 4





Garlic, cloves 2 | 4

Chives 7g | 7g



BBQ Sauce



4 tbsp | 8 tbsp

BBQ Seasoning 1 tbsp | 2 tbsp



Breadcrumbs ⅓ cup | ⅔ cup



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. Cooking utensils | Baking sheet, colander, 2 large bowls, large non-stick pan, large pot, measuring spoons, parchment paper, potato masher, slotted spoon, vegetable peeler



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.



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.



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.**



- 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.



Coat meatballs

- Stir together broth concentrate, remaining BBO 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.



Finish and serve

- Divide garlicky broccoli and smashed potatoes between plates.
- Top potatoes with BBO meatballs, then spoon any remaining sauce from the bowl over top.
- Sprinkle with remaining chives.

Measurements within steps 2 person

1 tbsp

oil

Ingredient

2 | Make meatballs

O 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.