



BBQ Glazed Beef Meatballs














with Loaded Potato Wedges and Side Salad

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	 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 1 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, sugar, pepper, salt

Cooking utensils | 2 baking sheets, 2 large bowls, measuring spoons, medium bowl, 2 parchment papers, 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 microwavable 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 with **sauce**.

2



Roast meatballs

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

- Meanwhile, add **beef**, **panko**, **¼ tsp** (½ tsp) **salt** and **½ tbsp** (1 tbsp) **BBQ Seasoning** to a medium 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 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

2 | Roast 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 | Roast Beyond Meat® 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****.

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