



Apricot-Glazed Meatball Sandwiches
















with Garlic-Butter Buns and Cranberry Salad

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](https://www.hellofresh.ca)



 Swap 	 Swap 
Mild Italian Sausage, uncased 250 g 500 g	Beyond Meat® 2 4
	
Ground Beef 250 g 500 g	Sandwich Bun 2 4
	
Carrot 1 2	Spring Mix 56 g 113 g
	
Garlic Puree 1 tbsp 2 tbsp	Panko Breadcrumbs 1/2 cup 1/2 cup
	
Apricot Spread 2 tbsp 4 tbsp	White Cheddar Cheese, shredded 1/2 cup 1 cup
	
Red Wine Vinegar 1 tbsp 2 tbsp	Salad Topping Mix 28 g 56 g
	
BBQ Sauce 4 tbsp 8 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 | Salt, sugar, pepper, unsalted butter, oil

Cooking utensils | Baking sheet, box grater, large bowl, large non-stick pan, measuring spoons, medium bowl, silicone brush, small bowl, small pot, vegetable peeler, whisk

1



Prep and marinate carrots

- Before starting, preheat your broiler to high.
- Wash and dry all produce.
- Add **apricot spread** and **3 tbsp** (6 tbsp) **BBQ sauce** to a small bowl, then stir to combine. Set aside.
- Peel, then coarsely grate **carrot**.
- Add **vinegar**, **¼ tsp** (½ tsp) **sugar** and **1 ½ tbsp** (3 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **carrots**, then toss to coat.

4



Toast garlic-butter buns

- Meanwhile, halve **buns**. Arrange on a baking sheet, cut-side up.
- Add **2 tbsp** (4 tbsp) **butter** to a small pot. Melt over medium heat, 1-2 min.
- Add **remaining garlic puree**. Cook, stirring often, until fragrant, 30 sec.
- Brush **garlic butter** onto **halved buns**. Sprinkle **cheese** over top halves.
- Broil in the **middle** of the oven until **cheese** melts, 1-3 min. (**TIP**: Keep an eye on buns so they don't burn.)

2



Form meatballs

🔄 Swap | **Mild Italian Sausage, uncased**

🔄 Swap | **Beyond Meat®**

- Add **sausage**, **half the panko** (use all for 4 ppl), **remaining BBQ sauce**, **half the garlic puree** and **¼ tsp** (½ tsp) **salt** 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 equal-sized meatballs** (16 meatballs for 4 ppl).

5



Make salad

- Add **spring mix** to the bowl with **carrots**, then toss to combine.

3



Cook meatballs

- Heat a large non-stick pan over medium heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **meatballs**.
- Cook, turning occasionally, until browned on all sides and cooked through, 11-13 min.** (**TIP**: Reduce heat to medium-low if browning too quickly.)
- Remove pan from heat. Carefully drain and discard fat.
- Add **apricot-BBQ sauce mixture**, then toss to coat **meatballs**.
- Cover to keep warm.

6



Finish and serve

- Stack **meatballs** and **sauce** from the pan on **bottom buns**. Close with **top buns**. Cut **sandwiches** in half.
- Divide **sandwiches** and **salad** between plates. Sprinkle **salad topping mix** over **salad**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Form meatballs

🔄 Swap | **Mild Italian Sausage, uncased**

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

2 | Form meatballs

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef**** Disregard tip to drain and discard excess fat.

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