



BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

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)



↻ Swap	↻ Swap
Ground Turkey	Plant-Based Ground Protein
250g 500g	250g 500g

Ground Beef	Russet Potato
250 g 500 g	2 4

Broccoli, florets	Garlic, cloves
227 g 454 g	2 4

Chives	BBQ Sauce
7 g 7 g	4 tbsp 8 tbsp

BBQ Seasoning	Panko Breadcrumbs
1 tbsp 2 tbsp	¼ cup ½ cup

Beef Broth Concentrate
1 2

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, milk, oil, salt, pepper

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

2



Make meatballs

Swap | **Ground Turkey**

Swap | **Ground Protein**

- 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 equal-sized meatballs** (16 meatballs for 4 ppl).
- Arrange **meatballs** on the prepared baking sheet.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

3



Cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- 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, 5-6 min.
- Add **1 tbsp (2 tbsp) oil** and **remaining garlic**. Cook, stirring often, until fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.

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.

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.

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 turkey meatballs

Swap | **Ground Turkey**

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

2 | Make ground protein meatballs

Swap | **Ground Protein**

If you've opted to get **ground protein**, 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.



Issue with your meal? Scan the QR code to share your feedback.