



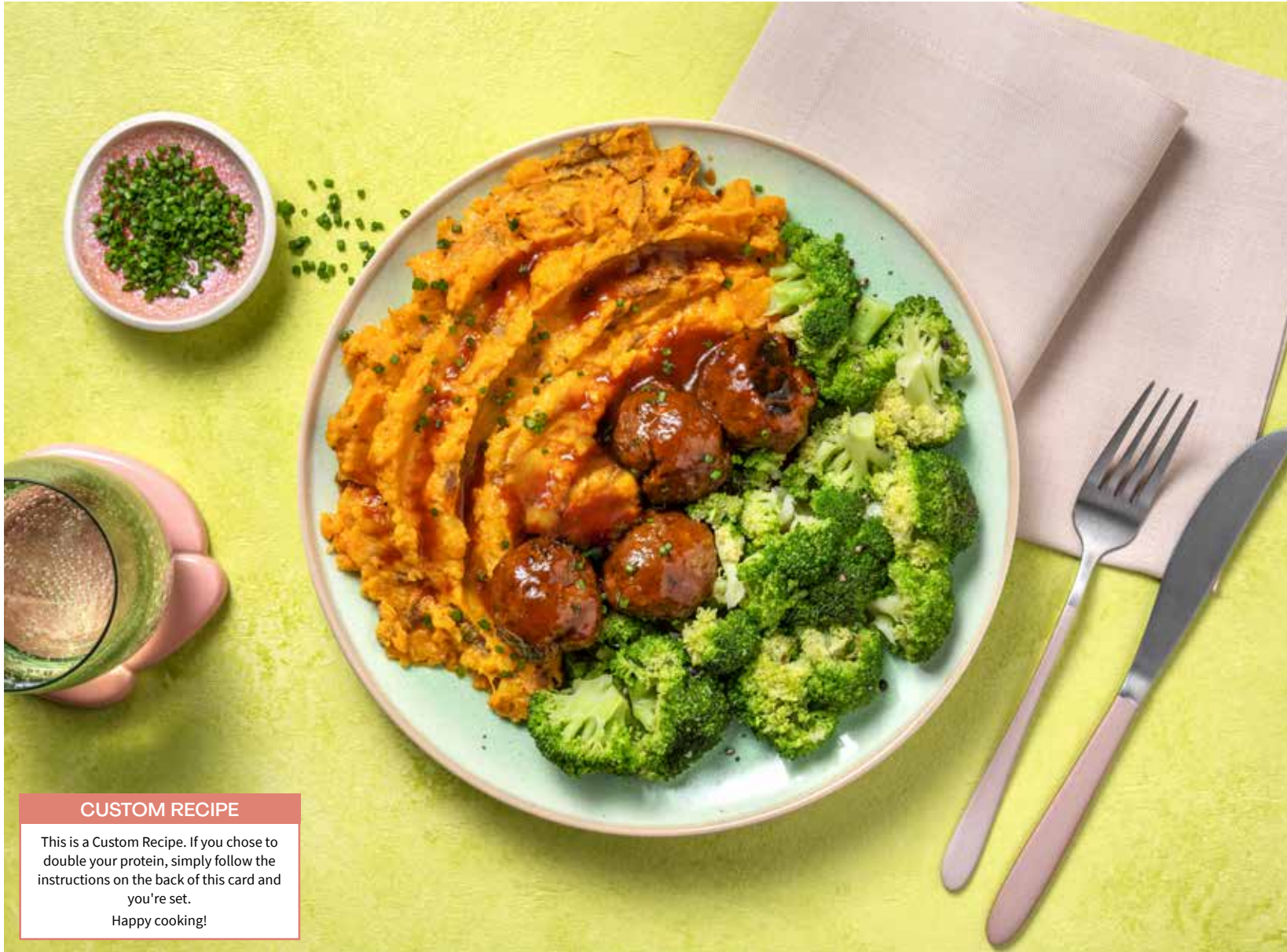
BBQ Beef Meatballs

with Smashed Sweet Potatoes and Garlicky Broccoli

Family Friendly 30-40 Minutes



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Ground Beef



Double Ground Beef



Sweet Potato



Broccoli, florets



Garlic, cloves



Chives



BBQ Sauce



BBQ Seasoning



Panko Breadcrumbs



Beef Broth Concentrate

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO BBQ MEATBALLS

Our hack to quick and easy meatballs makes this recipe super speedy!

Start here

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

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Sweet Potato	340 g	680 g
Broccoli, florets	227 g	454 g
Garlic, cloves	2	4
Chives	7 g	7 g
BBQ Sauce	4 tbsp	8 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Beef Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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.

1



Cook sweet potatoes and prep

- Cut **sweet potatoes** into ½-inch pieces.
- Add **sweet 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**.

4



Mash sweet potatoes

- When **sweet potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Roughly mash **2 tbsp** (4 tbsp) **butter** and **2 tbsp** (4 tbsp) **milk** into **sweet potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **salt** and **pepper**, to taste.
- Cover to keep warm, then set aside.

2



Make meatballs

- Line a baking sheet with parchment paper.
- Add **beef**, **panko**, **BBQ Seasoning**, **half the garlic**, **half the chives** and **remaining BBQ sauce** to a large bowl. Season with **pepper**, then combine.
- Roll **beef 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.**

If you've opted for **double beef**, add **¼ tsp** (½ tsp) **salt** to the **beef mixture**. (**TIP:** For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Roll **mixture** into **16 equal-sized meatballs** (32 meatballs for 4 ppl). Proceed with the recipe as written.

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 **meatballs** to the bowl with **BBQ mixture**, then toss to coat.

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 **garlic** is fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

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

Dinner Solved!



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