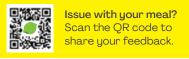


BBQ Beef Meatballs

with Smashed Potatoes and Garlicky Broccoli

Family Friendly 30-40 Minutes















Red Potato

Broccoli, florets





Garlic, cloves

Chives





BBQ Sauce

BBQ Seasoning







Panko Breadcrumbs

Beef Broth Concentrate



Start here

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

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

Bust out

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

Ingredients

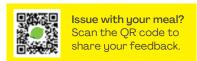
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	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Red Potato	350 g	700 g
Broccoli, florets	227 g	454 g
Garlic, cloves	2	4
Chives	7 g	7 g
BBQ Sauce	4 tbsp	8 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Panko Breadcrumbs	⅓ cup	½ cup
Beef 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, sov. sulphites. tree nuts and wheat.





Cook potatoes and prep

- 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.



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. (TIP: If you prefer a more tender meatball, add an egg to the mixture!) 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 1/4 **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 for 4 ppl). Proceed with the recipe as written.



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.



Mash potatoes

- When **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 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.



Coat meatballs

- Stir together **broth concentrate**, **3 tbsp** (6 tbsp) **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 sauce mixture, then toss to coat.



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.

Dinner Solved!