



Carb Smart Curd Stuffed Meatballs with Cauliflower Mash

Carb Smart 30 Minutes



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Ground Beef



Double Ground Beef



Cheese Curds



Cauliflower, florets



Montreal Steak Spice



Carrot



Sour Cream



Cream Cheese



Beef Broth Concentrate



Italian Breadcrumbs



Chives

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 CHEESE CURDS

Squeaky, chewy, salty and our new favourite meatball stuffing!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

Bust out

2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Cheese Curds	56 g	113 g
Cauliflower, florets	285 g	570 g
Montreal Steak Spice	1 tbsp	2 tbsp
Carrot	340 g	680 g
Sour Cream	3 tbsp	6 tbsp
Cream Cheese	1	2
Beef Broth Concentrate	1	2
Italian Breadcrumbs	¼ cup	½ cup
Chives	7 g	14 g
Unsalted Butter*	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.



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1



Prep and roast carrots

- Thinly slice **chives**.
- Cut **cauliflower** into bite-sized pieces.
- Peel, then cut **carrots** into ¼-inch coins.
- Add **carrots**, ¼ **tsp** (½ tsp) **Montreal Steak Spice** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender crisp, 14-16 min.

4



Cook cauliflower

- Add **cauliflower**, **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-high. Cook uncovered, until fork-tender, 10-12 min.
- Drain and return **cauliflower** to the same pot, off heat.
- Mash **2 tbsp** (4 tbsp) **butter**, **cream cheese** and **remaining sour cream** into **cauliflower**, until almost creamy. (**NOTE:** Cauliflower mash will still have a few lumps!) Season with **salt** and **pepper**, to taste.

2



Prep meatballs

- Meanwhile, add **beef**, **broth concentrate**, **breadcrumbs**, **half the chives**, **remaining Montreal Spice Blend** and **1 tbsp** (2 tbsp) **sour cream** to a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to mixture!)
- Combine, then form **beef mixture** into **8 equal-sized patties** (16 patties for 4 ppl).
- Add **one cheese curd** to the **middle of each patty**, then shape and press **patty** firmly around **cheese curd**, fully enclosing it to create a ball.
- Repeat until **all meatballs** are formed.

If you've opted for **double beef**, add an **extra ¼ tsp** (½ tsp) **salt** to the **beef mixture**. (**TIP:** If you prefer a more tender meatball, add 2 eggs to mixture!) Continue to prepare **stuffed meatballs** as instructed.

5



Finish and serve

- Divide **cauliflower mash**, **roasted carrots** and **stuffed meatballs** between plates.
- Sprinkle **remaining chives** over top.

Dinner Solved!