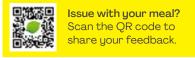


Carb Smart Curd Stuffed Meatballs

with Cauliflower Mash

Carb Smart

30 Minutes











Cheese Curds Cauliflower, florets





Carrot

Montreal Steak Spice





Sour Cream





Beef Broth

Concentrate

Italian Breadcrumbs

Chives



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!

Start here

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

Measurements, 1 tbsp., (2 tbsp), within steps

4 person Ingredient

oil

Bust out

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

Inaredients

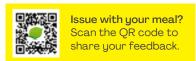
	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Cheese Curds	56 g	113 g
Cauliflower, florets	285 g	570 g
Montreal Steak Spice	1 tbsp	2 tbsp
Carrot	340 g	680 g
Sour Cream	3 tbsp	6 tbsp
Cream Cheese	1	2
Beef Broth Concentrate	1	2
Italian Breadcrumbs	⅓ cup	½ cup
Chives	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- ** 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.





Prep and roast carrots

- · Thinly slice chives.
- Cut cauliflower into bite-sized pieces.
- Peel, then cut carrots into 1/4-inch coins.
- Add carrots, 1/4 tsp (1/2 tsp) Montreal Steak Spice and 1 tbsp (2 tbsp) oil to a parchmentlined 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.



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.



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 1/4 tsp (1/2 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.



Finish and serve

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

Dinner Solved!



Bake meatballs

- · Arrange meatballs on another parchmentlined baking sheet.
- Roast in the top of the oven, until cooked through, 14-16 min.**