



# CRANBERRY-GLAZED MEATBALLS

with Mashed Potatoes & Roasted Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



16 oz | 32 oz  
Potatoes\*



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



10 oz | 20 oz  
Ground Beef\*\*



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 tsp | 2 tsp  
Garlic Powder



½ oz | 1 oz  
Vidalia Onion Paste



2 | 4  
Cranberry Jam



1 | 2  
Chicken Stock  
Concentrate



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.



\*The ingredient you received may be a different color.

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz  
\$ Broccoli  
\$ Calories: 920



6 oz | 12 oz  
\$ Green Beans  
\$ Calories: 900



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 870



HELLO

## VIDALIA ONION PASTE

This savory-sweet, umami-packed ingredient adds delicious oniony depth (fast!).

## MASH MASTER

Our trick for the creamiest-ever mashed potatoes? Always save a little potato cooking liquid before draining. Adding a few splashes back in while mashing helps your potatoes reach a smooth consistency.

## BUST OUT

- Peeler
  - Baking sheet
  - Medium pot
  - Strainer
  - Potato masher
  - Large bowl
  - Large pan
  - Small bowl
  - Whisk
  - Kosher salt
  - Black pepper
  - Cooking oil (2 tsp | 2 tsp)
  - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

## HOW WAS YOUR MEAL?



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### 1 ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Toss on a baking sheet with a **drizzle of oil** and a **pinch of salt and pepper.**
- Roast on top rack until browned and tender, 20-25 minutes.

- Cut **broccoli** into bite-size pieces or trim **green beans** if necessary. Swap in broccoli or green beans for carrots; roast 15-20 minutes for broccoli or 12-15 minutes for green beans. (Save **carrots for another use.**)



### 4 COOK MEATBALLS

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **meatballs** and cook, turning occasionally, until browned all over and mostly cooked through, 4-6 minutes. **TIP: If there's excess grease in your pan, carefully pour it out.**



### 2 MAKE MASHED POTATOES

- While carrots roast, dice **potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water to cover by 2 inches.** Bring to a boil and cook until tender, 10-15 minutes. Reserve **½ cup potato cooking liquid** (¾ cup for 4 servings), then drain.
- Return potatoes to pot and mash with **sour cream** and **1 TBSP butter** (2 TBSP for 4) until smooth and creamy, adding splashes of **reserved potato cooking liquid** as needed. Taste and season with **salt** and **pepper** if desired.
- Keep covered off heat until ready to serve.



### 5 GLAZE MEATBALLS

- While meatballs cook, in a small bowl, whisk together **jam, stock concentrate,** and **¼ cup water** (⅓ cup for 4 servings).
- Pour **jam mixture** into pan with **meatballs.** Bring to a simmer, then reduce heat to low. Cover and cook until meatballs are coated and cooked through, 5 minutes. **TIP: If glaze seems too thick, add a splash of water.**



### 3 FORM MEATBALLS

- Meanwhile, in a large bowl, gently combine **beef\*, panko, garlic powder, Vidalia onion paste,** and **½ tsp salt** (1 tsp for 4 servings).
- Form into 10-12 1½-inch meatballs (20-24 meatballs for 4).



### 6 SERVE

- Divide **mashed potatoes, carrots,** and **meatballs** between plates. Spoon any **remaining sauce** from pan over meatballs and mashed potatoes. Serve.

\*Ground Beef is fully cooked when internal temperature reaches 160°.