



# BBQ Beef Meatballs with Smashed Potatoes and Broccoli

Family 35 Minutes



Ground Beef



BBQ Sauce



Garlic



BBQ Seasoning



Red Potato



Italian Breadcrumbs



Chives



Beef Broth Concentrate



Broccoli, florets

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.

## Bust Out

2 Baking sheets, measuring spoons, potato masher, colander, aluminum foil, 2 large bowls, measuring cups, whisk, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
BBQ Sauce	¼ cup	¼ cup
Garlic	6 g	12 g
BBQ Seasoning	1 tbsp	1 tbsp
Red Potato	300 g	600 g
Italian Breadcrumbs	¼ cup	¼ cup
Chives	7 g	14 g
Beef Broth Concentrate	1	2
Broccoli, florets	227 g	454 g
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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## Cook potatoes and prep

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. While the **potatoes** boil, finely chop **chives**. Peel, then mince or grate **garlic**.



## Mash potatoes

When **potatoes** are done, drain and return them to the same pot, off heat. Using a masher, mash **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until smooth. Season with **salt** and **pepper**. Set aside.



## Make meatballs

Combine **beef**, **breadcrumbs**, **BBQ seasoning**, **half the garlic** and **half the chives** in a large bowl. Season with **salt** and **pepper**. Roll **beef mixture** into **8 equal 2-inch sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 10-12 min.\*\*



## Coat meatballs

Whisk together **broth concentrate**, **BBQ sauce** and **2 tbsp water** (dbl for 4 ppl) in another large bowl. Set aside. When **meatballs** are done, transfer to **BBQ sauce mixture**. Stir together, until **meatballs** are fully coated in the **sauce**.



## Cook broccoli

While **meatballs** bake, cut **broccoli** into bite-sized pieces. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli**, **remaining garlic** and **2 tbsp water** (dbl for 4 ppl). Stir together. Cook, covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.



## Finish and serve

Divide **mashed potatoes** between plates. Top with **BBQ meatballs**, spooning over any **remaining sauce** from the bowl. Sprinkle **remaining chives** over **meatballs**. Serve **garlicky broccoli** alongside.

## Dinner Solved!