



Glazed Beef Meatballs

with Loaded Sweet Potato Fries and Side Salad

Family Friendly 30 Minutes



Ground Beef



Sweet Potato, fries



Sour Cream



Cheddar Cheese, shredded



Green Onions



BBQ Seasoning



BBQ Sauce



Panko Breadcrumbs



Spring Mix



Carrot, julienned



White Wine Vinegar



Garlic Puree

HELLO BBQ SAUCE

Sticky, sweet, smoky and oh so good!

Start here

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

Bust out

2 Baking sheets, medium bowl, measuring spoons, 2 large bowls, parchment paper, whisk

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Sweet Potato, fries	340 g	680 g
Sour Cream	6 tbsp	12 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Green Onions	2	2
BBQ Seasoning	1 tbsp	1 tbsp
BBQ Sauce	¼ cup	½ cup
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	56 g	113 g
Carrot, julienned	56 g	113 g
White Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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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Prep

Thinly slice **green onions**.



Roast sweet potato fries

Add **sweet potato fries** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss coat. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and the bottom of the oven, rotating sheets halfway through.)



Bake meatballs

While **sweet potato fries** roast, add **beef**, **panko**, **garlic puree**, **¼ tsp salt** and **½ tsp BBQ seasoning** (dbl both for 4 ppl) to a medium bowl. Season with **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Arrange **meatballs** on another parchment-lined baking sheet. Bake in the **top** of the oven until golden and cooked through, 10-12 min.**



Make side salad

While **meatballs** bake, whisk together **vinegar**, **½ tsp sugar** and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Add **spring mix** and **carrots**. Toss to combine.



Warm BBQ sauce

Whisk together **BBQ sauce** and **2 tbsp water** (dbl for 4 ppl) in a large microwave-safe bowl. Microwave until warmed through, 30 sec. When **meatballs** are finished cooking, transfer them to the bowl with **warm BBQ sauce**. Stir until **meatballs** are fully coated with **sauce**.



Finish and serve

When **sweet potato fries** are done, sprinkle with **cheese** and **green onions**. Divide **loaded sweet potato fries**, **glazed meatballs** and **salad** between plates. Dollop **sour cream** over **sweet potato fries** and spoon any **remaining BBQ sauce** from bowl over **meatballs**.

Dinner Solved!