



Gravy Smothered Meatballs

with Chive Mash Potatoes

Carb Smart

30 Minutes



Ground Beef



Beef Broth Concentrate



Chives



Sour Cream



Panko Breadcrumbs



BBQ Seasoning



Green Beans



Yellow Potato



Yellow Onion

HELLO CHIVES

These slender green alliums lend a mild oniony bite to creamy mashed potatoes.

Start here

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

Bust Out

Baking sheet, colander, measuring spoons, potato masher, large bowl, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Beef Broth Concentrate	1	2
Chives	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Panko Breadcrumbs	¼ cup	½ cup
BBQ Seasoning	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Yellow Potato	300 g	600 g
Yellow Onion	113 g	226 g
Unsalted Butter*	1 tbsp	2 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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Cut the **potatoes** into quarters. Finely chop **chives**. Halve, peel, then thinly slice the **onion**. Trim the **green beans**.



Roast meatballs and green beans

Place **meatballs** on one side of a baking sheet. Toss **green beans** with **½ tbsp oil** on the other side of the baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, tossing **green beans** halfway through cooking, until **meatballs** are cooked through, 14-16 min.** (**NOTE:** For 4 ppl use two baking sheets and roast in the middle and the top of the oven, rotating the sheets halfway through cooking.)



Cook potatoes

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. Drain and return them to the same pot, off heat. Using a masher, roughly mash **sour cream** and **half the chives** into **potatoes**. Season with **salt** and **pepper**.



Make onion gravy

While the **meatballs** and **green beans** roast, heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then the **onions**. Cook, stirring, until softened, 7-9 min. Add the **broth concentrate**, **remaining BBQ Seasoning** and **½ cup water** (dbl for 4 ppl). Cook, stirring often, until **gravy** thickens slightly, 2-3 min.



Form meatballs

While the **potatoes** boil, combine **beef**, **panko**, **half the BBQ Seasoning** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. Roll **mixture** into **8 equal-sized meatballs** (dbl for 4 ppl).



Finish and serve

Divide the **mash**, **meatballs** and **green beans** between plates. Spoon the **gravy** over the **meatballs**. Sprinkle over **remaining chives** top.

Dinner Solved!