



Saucy BBQ Beef Meatballs

with Mashed Potatoes and Garlicky Broccoli

35 Minutes



-  Ground Beef
-  Double Ground Beef
-  BBQ Sauce
-  Garlic, cloves
-  BBQ Seasoning
-  Russet Potato
-  Italian Breadcrumbs
-  Broccoli, florets
-  Chives
-  Beef Broth Concentrate

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double the beef, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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

Baking sheet, vegetable peeler, measuring spoons, potato masher, strainer, 2 large bowls, parchment paper, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
BBQ Sauce	4 tbsp	8 tbsp
Garlic, cloves	2	4
BBQ Seasoning	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Italian Breadcrumbs	¼ cup	½ cup
Broccoli, florets	227 g	454 g
Chives	7 g	7 g
Beef Broth Concentrate	1	2
Butter*	1 tbsp	2 tbsp
Milk*	3 tbsp	6 tbsp
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.

Contact

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Cook potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **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. Simmer uncovered until fork-tender, 10-12 min.



Mash potatoes

- When **potatoes** are fork-tender, drain and return them to the same pot, off heat.
- Mash **1 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.
- Set aside.



Bake meatballs

- Meanwhile, thinly slice **chives**.
- Peel, then mince or grate **garlic**.
- Add **beef**, **breadcrumbs**, **half the garlic**, **half the chives** and **BBQ Seasoning** to a large bowl. Season with **¼ tsp salt** and **½ tsp pepper** (dbl both for 4 ppl), then combine. (**NOTE:** 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 a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 12-14 min.**

If you've opted for **double beef**, add an additional **¼ tsp salt** (dbl for 4 ppl) to the **beef mixture**. (**TIP:** For 4 ppl, if you prefer a firmer meatball, add 2 eggs to the mixture!) Form into **16 equal-sized meatballs** (32 for 4 ppl).



Coat meatballs

- When **meatballs** are done, stir together **broth concentrate**, **BBQ sauce** and **2 tbsp water** (dbl for 4 ppl) in another large bowl.
- Add **meatballs**, then toss gently to coat.



Cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli**, **remaining garlic** and **2 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Remove the pan from heat, then cover to keep warm.



Finish and serve

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

Dinner Solved!