



BROWN SUGAR BOURBON BBQ-GLAZED MEATBALLS

with Mashed Potatoes & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



¼ oz | ½ oz
Parsley



1 | 2
Brown Sugar
Bourbon Seasoning



1 tsp | 2 tsp
Garlic Powder



4 TBSP | 8 TBSP
BBQ Sauce



1 | 2
Ketchup



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



12 oz | 24 oz
Potatoes*



¼ Cup(s) | ½ Cup(s)
Panko
Breadcrumbs
Contains: Wheat



2 tsp | 4 tsp
Dijon Mustard



10 oz | 20 oz
Ground Beef**



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: 880



8 oz | 16 oz
Brussels Sprouts
Calories: 890



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 910



HELLO

BBQ GLAZE

A sweet, smoky, tangy combo of mustard, ketchup, and BBQ sauce

EASY DOES IT

When forming your meatballs, try not to overwork the meat. Using a light touch will make for juicier results.

BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- 2 Large bowls
- Potato masher

- Kosher Salt
 - Black Pepper
 - Cooking Oil
 - Butter
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate MORE IS MORE card for all the info you'll need!

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

HOW WAS YOUR MEAL?



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1 START PREP & ROAST CARROTS

- Adjust rack to top position (**top and middle positions for 4 servings**) 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 one side of a **lightly oiled** baking sheet with a **large drizzle of oil, salt, and pepper.** Roast on top rack for 9 minutes (**you'll add more to the sheet then**). (**For 4, spread out across entire sheet and roast on middle rack.**)

- 🍷 Cut **broccoli** into bite-size pieces if necessary or trim and halve **Brussels sprouts** lengthwise. (**Save carrots for another use.**) Swap in broccoli or Brussels sprouts for carrots. (**Skip roasting in this step; you'll cook them in step 3.**)



4 MAKE GLAZE & TOSS

- In a second large bowl, combine **BBQ sauce, mustard, ketchup,** and **1 TBSP warm water** (2 TBSP for 4 servings).
- Once carrots and meatballs are done roasting, carefully transfer **meatballs** to bowl with **BBQ glaze;** toss to coat. Set aside until ready to serve.



2 FINISH PREP & COOK POTATOES

- Dice **potatoes** into ½-inch pieces. Roughly chop **parsley.**
- Place potatoes in a medium pot with enough **salted water to cover by 2 inches.** Bring to a boil and cook until tender, 10-12 minutes. Reserve **¼ cup potato cooking liquid** (½ cup for 4 servings), then drain.
- Return potatoes to pot and cover to keep warm. (**You'll finish the potatoes in Step 5.**)



5 MASH POTATOES

- To pot with **potatoes,** add **sour cream** and **2 TBSP butter** (4 TBSP for 4 servings). Mash until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed.



3 FORM & ROAST MEATBALLS

- While potatoes cook, in a large bowl, combine **beef*, panko, Brown Sugar Bourbon Seasoning, garlic powder,** and **half the parsley.** Season with **salt** (**we used ½ tsp; 1 tsp for 4 servings**) and **pepper.**
- Form **beef mixture** into 8-10 1-inch meatballs (**16-20 meatballs for 4**).
- Once carrots have roasted 9 minutes, remove baking sheet from oven. Carefully arrange **meatballs** on empty side of sheet. (**For 4, leave carrots roasting; add meatballs to a second lightly oiled baking sheet and roast on top rack.**)
- Return sheet to top rack until meatballs are browned and cooked through and carrots are tender, 14-16 minutes.

- 🍷 Roast **broccoli** or **Brussels sprouts** with **meatballs** as instructed. If meatballs are done before broccoli or Brussels sprouts, carefully remove from sheet and return broccoli or Brussels sprouts to oven for a few more minutes until browned and tender.



6 SERVE

- Divide **meatballs, mashed potatoes,** and **carrots** between plates in separate sections.
- Spoon any **remaining BBQ glaze** over meatballs. Garnish with **remaining parsley** and serve.

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