



# BBQ Beef Meatballs

with Sweet Potato Mash and Garlicky Broccoli

Family Friendly 35 Minutes



Ground Beef



Sweet Potato, cubes



Broccoli, florets



Garlic Puree



Chives



BBQ Sauce



BBQ Seasoning



Panko Breadcrumbs



Beef Broth Concentrate



Onion, sliced

## HELLO BBQ MEATBALLS

*Our hack for preparing 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, colander, measuring spoons, potato masher, aluminum foil, large bowl, small bowl, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Sweet Potato, cubes	340 g	680 g
Broccoli, florets	227 g	454 g
Garlic Puree	1 tbsp	2 tbsp
Chives	7 g	7 g
BBQ Sauce	4 tbsp	8 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Beef Broth Concentrate	1	2
Onion, sliced	56 g	113 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 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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### Cook sweet potatoes and prep

Combine **sweet potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in 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. While **water** comes to a boil, thinly slice **chives**. Stir together **broth concentrate**, **3 tbsp BBQ sauce** and **2 tbsp water** (dbl both for 4 ppl) in a small bowl. Set aside.



### Mash sweet potatoes

When **sweet potatoes** are done, drain and return **sweet potatoes** to the same pot, off heat. Roughly mash **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **sweet potatoes**. Season with **salt** and **pepper**.



### Make meatballs

Combine **beef**, **panko**, **BBQ Seasoning**, **half the chives** and **remaining BBQ sauce** in a large bowl. Season with **pepper**. (**TIP**: If you prefer a firmer meatball, add an egg to the mixture!) Roll **beef mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a foil-lined baking sheet. Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.\*\*



### Coat meatballs

When **meatballs** are done, drizzle with **BBQ sauce mixture** from the small bowl, then toss to coat.



### 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 butter** (dbl for 4 ppl), then **onions** and **garlic puree**. Cook, stirring occasionally, until softened, 2-3 min. Add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Stir to combine. Cook covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.



### Finish and serve

Divide **garlicky broccoli** and **sweet potatoes** between plates. Top **potatoes** with **BBQ meatballs**, then spoon over any **remaining sauce** from the baking sheet. Sprinkle **remaining chives** over top.

## Dinner Solved!