



Cal Smart Gravy-Smothered Meatballs

with Chive Smashed Potatoes

Calorie Smart

30 Minutes



Ground Beef



Chives



Sour Cream



Panko Breadcrumbs



BBQ Seasoning



Green Beans



Yellow Potato



Yellow Onion



Gravy Spice Blend



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HELLO CHIVES

Add a delicate onion flavour to your meatballs with this bright green herb!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Chives	7 g	14 g
Sour Cream	3 tbsp	6 tbsp
Panko Breadcrumbs	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Yellow Potato	350 g	700 g
Yellow Onion	113 g	226 g
Gravy Spice Blend	2 tbsp	4 tbsp
Unsalted Butter*	1 tbsp	2 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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Prep

- Peel, then quarter **potatoes**.
- Thinly slice **chives**.
- Peel, then cut **onion** into ¼-inch slices.
- Trim **green beans**.



Roast meatballs and green beans

- Arrange **meatballs** on a parchment-lined baking sheet.
- Add **green beans** and **½ tbsp oil** to the same baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets: 1 for meatballs and 1 for green beans. Use 1 tbsp oil for green beans.) Season **green beans** with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, tossing **green beans** halfway through, until **meatballs** are cooked through, 16-18 min. **** (NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Cook potatoes

- 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.
- Drain and return **potatoes** to the same pot, off heat.
- Roughly mash **sour cream** and **half the chives** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!) Season with **salt** and **pepper**, to taste.



Make onion gravy

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 7-9 min.
- Sprinkle **Gravy Spice Blend** over **onions**. Cook, stirring often, until **onions** are coated, 1 min.
- Add **remaining BBQ Seasoning** and **1 cup water** (dbl for 4 ppl). Cook, stirring often, until **gravy** thickens slightly, 2-3 min.



Form meatballs

- Meanwhile, combine **beef**, **half the BBQ Seasoning**, **2 tbsp panko** and **¼ tsp salt** (dbl both for 4 ppl) in a large bowl. (**TIP:** If you prefer a more tender meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl).



Finish and serve

- Divide **smashed potatoes**, **meatballs** and **green beans** between plates.
- Spoon **gravy** over **meatballs**.
- Sprinkle **remaining chives** over top.

Dinner Solved!