



# Saucy BBQ Beef Meatballs

with Mashed Potatoes and Garlicky Green Beans

35 Minutes



Ground Beef



BBQ Sauce



Garlic, cloves



BBQ Seasoning



Russet Potato



Italian Breadcrumbs



Green Beans



Green Onions



Beef Broth Concentrate

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
BBQ Sauce	4 tbsp	8 tbsp
Garlic, cloves	2	4
BBQ Seasoning	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Green Onions	2	4
Beef Broth Concentrate	1	2
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 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. While **potatoes** cook, thinly slice **green onions**. Peel, then mince or grate **garlic**.



### Mash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off heat. Mash **1 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**. Set aside.



### Cook meatballs

Add **beef**, **breadcrumbs**, **half the garlic**, **half the green onions** and **BBQ Seasoning** to a large bowl. Season with **salt** and **pepper**, then combine. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!) Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl). Transfer **meatballs** to a parchment-lined baking sheet. Bake in the **middle** of the oven until cooked through, 10-12 min.\*\*



### 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 gently toss to coat.



### Cook garlicky green beans

While **meatballs** bake, trim, then halve **green beans**. Heat a large non-stick pan over medium-high heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until **green beans** are tender-crisp and **water** is absorbed, 3-4 min. Add **½ tbsp oil** (dbl for 4 ppl) and **remaining garlic**. Cook, stirring occasionally, until **garlic** is fragrant and **green beans** are tender, 1-2 min.



### 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 green onions**. Serve **garlicky green beans** alongside.

## Dinner Solved!