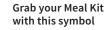


# **BBQ-Glazed Beef Meatballs**

with Cheesy Mash & Steamed Baby Broccoli

KID FRIENDLY













**Beef Mince** 

Fine Breadcrumbs



All-American



**Baby Leaves** 

Spice Blend



Shredded Cheddar



**BBQ Sauce** 

Cheese



Dijon Mustard



Chicken-Style Stock Powder





Prep in: 40-50 mins Ready in: 40-50 mins

These beef meatballs are bursting with the tried and true flavour of our All-American spice blend and tangy BBQ sauce. On the side, we've got steamed baby broccoli and creamy potato mash loaded with moreish Cheddar cheese. Easy cheesy!

**Pantry items** 

Olive Oil, Egg, Butter, Milk

# Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Medium saucepan with a lid · Large frying pan

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
baby broccoli	1 medium bunch	2 medium bunches		
beef mince	1 medium packet	2 medium packets OR 1 large packet		
fine breadcrumbs	½ medium packet	1 medium packet		
All-American spice blend	1 medium sachet	1 large sachet		
egg*	1	2		
baby leaves	1 medium packet	1 large packet		
butter*	30g	60g		
milk*	2 tbs	1/4 cup		
salt*	1/4 tsp	½ tsp		
shredded Cheddar cheese	1 medium packet	1 large packet		
water*	1/4 cup	½ cup		
BBQ sauce	1 medium packet	2 medium packets		
Dijon mustard	½ medium packet	1 medium packet		
chicken-style stock powder	½ medium sachet	1 medium sachet		
pork mince**	1 medium packet	2 medium packets OR 1 large packet		

#### \*Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3535kJ (844Cal)	601kJ (143Cal)
Protein (g)	48g	8.2g
Fat, total (g)	47.3g	8g
- saturated (g)	22.3g	3.8g
Carbohydrate (g)	53.8g	9.1g
- sugars (g)	29.3g	5g
Sodium (mg)	1893mg	322mg
Dietary Fibre (g)	7.1g	1.2g
Custom Recipe		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3244kJ</b> (775Cal)	<b>552kJ</b> (131Cal)
Protein (g)	43.8g	7.4g
Fat, total (g)	42.8g	7.3g
- saturated (g)	19.5g	3.3g
Carbohydrate (g)	53.8g	9.1g
- sugars (g)	29.3g	5g
Sodium (mg)	1914mg	325mg
Dietary fibre	7.1g	1.2g

The quantities provided above are averages only.

Allergens Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





# Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Halve any thicker stalks of baby broccoli lengthways.



# Cook the meatballs

- · In a medium bowl, combine beef mince, fine breadcrumbs (see ingredients), All-American spice blend and the egg.
- Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of **olive** oil over medium-high heat. Cook meatballs, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded). Transfer to a plate.

TIP: Don't worry if the meatballs char a little, this adds to the flavour!

Custom Recipe: If you've swapped to pork mince, follow instructions as above.



# Cook the veggies

- · While the meatballs are cooking, cook the potato in the boiling water until easily pierced with a fork, 10-15 minutes.
- In the last 6-7 minutes of cook time, add baby broccoli to a colander or steamer basket and place on top of the saucepan. Cover with a lid and steam until tender.
- Transfer **baby broccoli** to a medium bowl, then add the baby leaves. Drizzle with a little olive oil, season with salt and pepper and cover to keep warm.



# Make the mash

- Drain the **potato** and return to the saucepan.
- · Add the butter, milk and salt, then mash until smooth.
- Stir through shredded Cheddar cheese. Set aside.

**Little cooks:** Get those muscles working and help mash the potatoes!



# Make the sauce

- Return the frying pan to low heat. Add the water, BBQ sauce, Dijon mustard (see ingredients) and chicken-style stock powder (see ingredients). Stir until well combined and simmer until thickened slightly, **2-3 minutes**.
- Return the **meatballs** to the pan and toss to coat in the sauce.

**TIP:** Add a dash more water if the sauce gets too thick.



# Serve up

- Divide cheesy mash, BBQ-glazed beef meatballs and steamed baby broccoli between plates.
- Spoon over any remaining BBQ-mustard sauce to serve. Enjoy!



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