

# BBQ-Glazed Beef "Funny Face" Meatballs

with Cheesy Mash & Steamed Baby Broccoli Hair

KID'S KITCHEN

Grab your meal kit with this number

42



Potato



Baby Broccoli



Beef Mince



Fine Breadcrumbs



All-American Spice Blend



Baby Leaves



Shredded Cheddar Cheese



BBQ Sauce



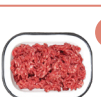
Dijon Mustard



Chicken-Style Stock Powder



Pork Mince



Beef Mince

Prep in: 30-40 mins  
Ready in: 40-50 mins

It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Bursting with flavour these smokey meatballs will satisfy the fussiest of eaters. Most importantly, we haven't forgotten the veggies - let the kids build their own meatball funny face, and devour it again in no time!

### Pantry items

Olive Oil, Egg, Butter, Milk



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
baby leaves	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	4 tbs
shredded Cheddar cheese	1 medium packet	1 large packet
<b>water*</b>	¼ cup	½ cup
BBQ sauce	1 medium packet	1 large packet
dijon mustard	1 medium packet	1 large packet
chicken-style stock powder	½ medium sachet	1 medium sachet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3774kJ (902cal)	424kJ (101cal)
Protein (g)	49g	5.5g
Fat, total (g)	51g	5.7g
- saturated (g)	25.2g	2.8g
Carbohydrate (g)	58.4g	6.6g
- sugars (g)	30.5g	3.4g
Sodium (mg)	1690mg	189.9mg
Dietary Fibre (g)	7.3g	0.8g

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



## 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.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



## Make the mash

- Drain the **potato** and return to the saucepan. Add the **butter, milk** and **shredded Cheddar cheese** to **potato**. Mash until smooth. Set aside.

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



## Cook the meatballs

- In a medium bowl, combine **beef mince, fine breadcrumbs, All-American spice blend** and the **egg**.
- Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs (5-6 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!



## Make the sauce

- Return the frying pan to low heat. Add the **water, BBQ sauce, dijon mustard** 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.



## Prep the veggies

- While the meatballs are cooking, cook the **potato** in the boiling water until easily pierced with a fork, **12-15 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**. Toss to combine and cover to keep warm.

**Little cooks:** Take the lead by tossing the baby leaves!



## Serve up

- Divide cheesy mash in the centre of each plates.
- Top with BBQ-glazed beef meatballs to resemble a face with eyes and mouth. Top mash with steamed greens to resemble hair.
- Serve with any remaining BBQ glaze. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



### CUSTOM OPTIONS



**SWAP TO PORK MINCE**  
Follow method above.



**DOUBLE BEEF MINCE**  
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

