



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 smoky 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bunch	2 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
egg*	1	2
baby leaves	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
shredded Cheddar cheese	1 medium packet	1 large packet
water*	¼ cup	½ cup
BBQ sauce	1 medium packet	2 medium packets OR 1 large packet
Dijon mustard	1 medium packet	2 medium packets
chicken-style stock powder	½ medium sachet	1 medium sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3774kJ (630cal)	630kJ (105cal)
Protein (g)	49g	8.2g
Fat, total (g)	51g	8.5g
- saturated (g)	25.2g	4.2g
Carbohydrate (g)	58.5g	9.8g
- sugars (g)	15.5g	2.6g
Sodium (mg)	1690mg	282.1mg
Dietary Fibre (g)	7.7g	1.3g

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

2024 | CW50



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 **potato**, then return to the saucepan.
- Add the **butter, milk** and **shredded Cheddar cheese** to the **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.

Little cooks: Join the fun by combining the meatball mixture!

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.



Cook the veggies

- While the meatballs are cooking, cook **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 **baby leaves**. Drizzle with a little **olive oil** and 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 plate.
- Top with BBQ-glazed beef meatballs to resemble a face with eyes and mouth. Divide steamed greens and arrange to resemble hair.
- Spoon over any remaining BBQ glaze to serve. Enjoy!

Little cooks: Take charge by making a funny face with the meatballs!

CUSTOM
OPTIONS

SWAP TO PORK MINCE
Follow method above.

DOUBLE BEEF MINCE
Follow method above, cooking in batches if necessary.

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

