



BBQ-Glazed Beef Meatballs

with Cheesy Mash & Steamed Baby Broccoli

KID FRIENDLY

Grab your Meal Kit with this symbol



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

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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	¼ cup
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 medium packet	1 large packet
water*	¼ 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)	3244kJ (775Cal)	552kJ (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

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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.



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!



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.



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.



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.



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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