



BBQ Beef Meatballs

with Roasted Veggies & Special Sauce



30-40min



2 Servings

This recipe is all that—and a plate of fries! Here we coat cheese-stuffed grass-fed beef meatballs in sweet and tangy barbecue sauce, then broil them until glazed and caramelized. We pair these next-level meatballs with carrots and broccoli for dipping into our not-so-secret special sauce—a ketchup-mayo combo studded with sliced scallions. This dinner is picky-eater proof!

What we send

- 1 oz scallions
- 2 carrots
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 1 oz panko ^{1,6}
- ¼ oz granulated garlic
- 2 oz barbecue sauce
- 1 oz mayonnaise ^{3,6}
- 2 oz shredded fontina ⁷

What you need

- kosher salt & ground pepper
- 1 large egg ³
- neutral oil
- ketchup

Tools

- medium ovenproof skillet
- rimmed baking sheet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 43g, Carbs 46g, Protein 43g



1. Prep ingredients

(Due to supply issues, the green beans in this recipe have been substituted with broccoli.)

Preheat oven to 450°F with racks in the upper third and center.

Trim **scallions**, then thinly slice. Scrub and trim **half of the carrots**, halve crosswise, and cut into ¼-inch thick sticks (save rest for own use). Cut **broccoli** into 2-inch florets, if necessary.



4. Roast veggies & meatballs

Place skillet with **meatballs** on upper oven rack and baking sheet with **veggies** on center oven rack. Roast until veggies are crisp and tender, and meatballs are cooked through, about 15 minutes (watch closely as ovens vary).



2. Make meatballs

In a medium bowl, gently knead to combine **ground beef**, **half each of the scallions and fontina cheese**, **¼ cup panko**, **¼ teaspoon granulated garlic**, **1 teaspoon salt**, **1 lightly beaten large egg**, and **a few grinds of pepper**.

Shape meat mixture into 10 equal-size meatballs; transfer to a medium ovenproof skillet.



5. Broil meatballs

Remove **veggies** from oven and cover to keep warm. Switch oven to broil.

Spoon **barbecue sauce** over **meatballs**, then sprinkle with **remaining cheese**. Return skillet to upper oven rack, and broil until cheese is melted, about 3 minutes (watch closely).



3. Season veggies

On a rimmed baking sheet, toss **carrot sticks** and **broccoli** with **2 teaspoons oil**; season with **salt** and **pepper**.



6. Make sauce & serve

In a small bowl, combine **mayonnaise**, **2 tablespoons ketchup**, and **1 teaspoon of the scallions**; season sauce to taste with **salt** and **pepper**.

Serve **meatballs** with **roasted veggies** and **sauce** alongside for dipping. Garnish **meatballs** with **remaining scallions**. Enjoy!