



## Sweet & Sour Meatballs

with Garlic Mashed Potatoes



30-40min



2 Servings

Italian-style meatballs get a lot of the meatball spotlight, but we think sweet and sour meatballs deserve their own bit of recognition—especially when made with grass-fed ground beef. The tangy brown sauce includes tart cherry preserves as well as beef broth for a savory flavor. It's draped over the top of the meatballs and a bed of garlic mashed potatoes, making this a pretty perfect plate. C...



## What we send

- grass-fed ground beef
- beef broth concentrate
- garlic
- panko <sup>1,6</sup>
- sherry vinegar
- cornstarch
- Yukon gold potatoes
- peas
- ½ oz apricot preserves

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- saucepan
- potato masher or fork

## Allergens

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

## Nutrition per serving

Calories 776kcal, Fat 38g, Carbs 64g, Protein 44g



### 1. Prep ingredients

Peel and finely chop **1 tablespoon garlic**. Peel **potatoes** and cut into 1-inch pieces. Bring a medium saucepan of **salted water** to a boil. Cover and keep warm on low heat.



### 2. Prep meatballs

In a medium bowl, combine **panko**, **1 teaspoon chopped garlic**, **1 large egg**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Let sit 5 minutes for panko to absorb the **egg**. Add **beef** and knead or stir to combine. Using slightly moistened hands, form mixture into 10 equal-sized meatballs.



### 3. Make sauce

In a measuring cup or small bowl, combine **1½ cups water**, **beef broth concentrate**, **cherry preserves**, **2 tablespoons of the vinegar** (save rest for own use), **1½ teaspoons of the cornstarch** (save rest for own use), and **1½ teaspoons sugar**.



### 4. Make potatoes & peas

Return saucepan of water to a boil. Add **potatoes** and **1 teaspoon chopped garlic**; cook until tender, about 8 minutes. Add **peas**; cook, 1 minute. Reserve **3 tablespoons cooking water**, then drain. Return potatoes, peas, and garlic to saucepan. Add **1 tablespoon butter** and coarsely mash, adding **reserved cooking water** to loosen. Season with **salt**; cover to keep warm.



### 5. Brown meatballs

In a medium nonstick skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **meatballs** and cook turning once or twice, until browned but not cooked through, 6–8 minutes. Remove from heat, tilt the skillet and spoon off and discard as much excess fat as possible.



### 6. Finish & serve

Stir **remaining chopped garlic** into skillet and cook over medium-high heat, 1 minute. Add **sauce** and season lightly with **salt** and **pepper**. Simmer, turning the **meatballs** in the sauce until sauce is thick and glossy and meatballs are cooked through, 6–7 minutes. Spoon **meatballs** and **gravy** over **mashed potatoes** (reheat if necessary) and serve. Enjoy!