



## Appetizer Duo: BBQ Cocktail Meatballs

& Tuscan Bean Dip with Chips



30-40min



2 Servings

Two simple-to-prepare-but-sure-to-wow appetizers will make you a holiday hero in the kitchen. Tender, bite-sized beef meatballs lacquered with sweet barbecue sauce topped with fresh scallions are an addictive nosh. Plus, a picture-perfect platter of rosemary-scented homemade white bean dip with crisp pita wedges for dipping. This duo is a guaranteed crowd-pleaser! (2p serves 4; 4p serves 8)



## What we send

- garlic
- 1 oz fresh ginger
- 2 scallions
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>1</sup>
- 2 oz barbecue sauce
- 15 oz can cannellini beans
- ¼ oz fresh rosemary
- 2 Mediterranean pitas <sup>1,6,11</sup>

## What you need

- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- 7 Tbsp olive oil
- sugar
- apple cider vinegar (or white wine vinegar)

## Tools

- medium ovenproof skillet
- medium skillet
- rimmed baking sheet

## Cooking tip

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## Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 580kcal, Fat 26g, Carbs 55g, Protein 27g



### 1. Prep mini meatballs

Preheat oven to 450°F with a rack in the center. Finely chop **2 teaspoons each of garlic and peeled ginger**. Trim **scallions**; thinly slice. In a medium bowl, knead to combine **beef, panko, chopped garlic and ginger, ¾ of the scallions, 1 teaspoon salt, 1 large egg**, and **a few grinds of pepper**. Shape into 16 equal-sized meatballs. Transfer to an **oiled** medium ovenproof skillet.



### 2. Roast mini meatballs

Roast **meatballs** on center rack until cooked through, 10–12 minutes. In a small bowl, stir to combine **barbecue sauce, 2 tablespoons water**, and **1 tablespoon each of sugar and vinegar**. Carefully add sauce to skillet; place on stovetop over medium heat, and cook, turning meatballs, until glazed, 2 minutes. Transfer to a plate; skewer with toothpicks. Sprinkle with remaining **scallions**.



### 3. Prep bean dip

Preheat oven to 450°F with a rack in the center. Finely chop **1 teaspoon garlic**. (No need to drain or rinse **beans**.)



### 4. Make rosemary oil

Heat **½ cup oil** in a medium skillet until shimmering. Add **half of the rosemary sprigs** (save rest for own use) and cook over medium heat until crisp and fragrant, 1–2 minutes. Use tongs to carefully transfer rosemary sprigs to a paper towel-lined plate. Carefully pour **oil** into a heatproof bowl to cool; reserve for steps 5 and 6.



### 5. Make bean dip

Heat **2 tablespoons of the reserved rosemary oil** in same skillet. Add **chopped garlic**; cook over low heat, stirring, until fragrant but not browned, about 30 seconds. Carefully add **beans and their liquid** (it may splatter). Cook over medium-high heat, mashing beans with a spoon, until fairly smooth and thick, 5–6 minutes. Season to taste with **salt and pepper**.



### 6. Toast pita & serve

Brush each **pita** generously with **oil** and sprinkle with **salt**. Cut each into eighths and arrange on a rimmed baking sheet. Toast on center oven rack until crisp and golden, about 5 minutes. Spoon **bean dip** into a shallow bowl and drizzle with **1 tablespoon of the reserved rosemary oil**. Sprinkle with **salt and crisp rosemary**, and serve with **pita** alongside. Enjoy!