

MARLEY SPOON



BBQ Beef Meatballs

with Veggie Fries



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 carrot and green bean "fries" for dipping into our not-so-secret special sauce (a ketchup-mayo combination studded with sliced scallions). This dinner is picky-eater proof!

What we send

- garlic
- 2 scallions
- 2 carrots
- ½ lb green beans
- 10 oz pkg grass-fed ground beef
- 2 oz shredded cheddar-jack blend ²
- 1 oz panko ³
- 2 oz barbecue sauce
- 1 oz mayonnaise ^{1,4}

What you need

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

Tools

- medium ovenproof skillet
- rimmed baking sheet

Allergens

Egg (1), Milk (2), Wheat (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 43g, Carbs 43g, Protein 43g



1. Prep ingredients

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

Finely chop **1 teaspoon garlic**. 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). Trim ends from **green beans**.



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, chopped garlic, half each of the scallions and cheese, ¼ cup panko, 1 teaspoon salt, 1 lightly beaten large egg, and a few grinds of pepper**. Shape 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 **green beans** 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 scallions**; season sauce to taste with **salt** and **pepper**.

Serve **meatballs** with **veggie fries** and **sauce** on the side for dipping. Garnish **meatballs** with **remaining scallions**. Enjoy!