



Cheesy BBQ Beef Meatballs

with Carrot & Green Bean Oven Fries



30-40min



2 Servings

This recipe is all that and a plate of fries. Literally. Imagine juicy, cheese-stuffed meatballs coated in your favorite classic BBQ sauce, then broiled till delectably glazed. They're partnered with veggie fries that you can dip in our not-so-secret special sauce. This one goes out to all the picky eaters out there.

What we send

- garlic (use 1 large clove)
- 1 oz scallions
- ½ lb green beans
- 2 oz cheddar cheese ⁷
- 10 oz ground beef
- panko (use ¼ cup) ¹
- 4 oz barbecue sauce
- 1 oz mayonnaise ^{3,6}

What you need

- kosher salt & ground pepper
- 1 large egg ³
- neutral oil, such as vegetable
- ketchup

Tools

- box grater
- 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 580kcal, Fat 46g, Carbs 65g,
Protein 43g



1. Prep ingredients

Preheat oven to 450°F with racks in upper third and center positions. Peel and finely chop **1 teaspoon garlic**. Trim **scallions**, then thinly slice. Trim and discard ends from **carrots**, then scrub, halve crosswise, and cut into ¼-inch thick sticks. Trim ends from **green beans**. Coarsely shred **cheddar** on the large holes of a box grater.



4. Roast veggies & meatballs

Transfer **meatballs** to upper oven rack; place rimmed baking sheet on center oven rack. Bake until **veggies** are crisp-tender and meatballs are cooked through, about 15 minutes.



2. Season ground beef

In a medium bowl, combine **ground beef**, **garlic**, **half of the scallions**, **¼ cup of the panko**, **1 teaspoon salt**, **1 lightly beaten egg**, **a few grinds pepper**, and **half of the cheddar**. Shape into **10 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, as broilers vary).



3. Season veggies

Transfer **carrots** and **green beans** to a rimmed baking sheet, toss with **2 teaspoons oil**; season with **salt** and **pepper**.



6. Finish & serve

In a small bowl, combine **mayonnaise**, **2 tablespoons ketchup**, and **1 teaspoon of the scallions**; season to taste with **salt** and **pepper**. Serve **meatballs** with **carrots** and **green bean oven fries** with **special sauce** on the side for dipping. Garnish **meatballs** with **remaining scallions**. Enjoy!