



Sweet & Sour Meatballs

with Garlic Mashed Potatoes



30-40min



2 Servings

When it comes to meatballs, Italian-style ones get a lot of the spotlight, but we think sweet and sour meatballs deserve their own bit of recognition. To make our version, simmer apricot preserves and sherry vinegar with beef broth for that craveable sweet-savory flavor. Coat the meatballs in the sauce then serve on a bed of fluffy garlic mashed potatoes, for a plate of cozy comfort.

What we send

- garlic (use 3 large cloves)
- 2 Yukon gold potatoes
- 1 oz panko (use half)
- 1 pkg ground beef
- 1 pkt beef broth concentrate
- 1 oz apricot preserves
- 1.7 oz sherry vinegar
- 1 pkt cornstarch
- 5 oz peas

What you need

- kosher salt & pepper
- egg ³
- sugar
- butter ⁷
- neutral oil, such as canola

Tools

- medium saucepan
- fine-mesh sieve
- potato masher or fork
- medium nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 33g, Carbs 69g, Proteins 39g



1. Prep ingredients

Peel and finely chop **3 teaspoons garlic**. Peel **potatoes**, then cut into 1-inch pieces. Bring a medium saucepan of **salted water** to a boil. Cover and keep warm over low heat.



4. Mash potatoes & peas

Return saucepan of water to a boil. Add **potatoes** and **1 teaspoon of the chopped garlic**; cook, stirring, 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**; coarsely mash, adding reserved cooking water to loosen. Season with **salt**. Cover to keep warm.



2. Prep meatballs

In a medium bowl, stir to combine **half of the panko** (save rest for own use), **1 teaspoon of the 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**.



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.



3. Make sauce

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



6. Finish & serve

Add **remaining chopped garlic** to skillet and cook, stirring, over medium-high heat, about 1 minute. Add **sauce**. Season lightly with **salt** and **pepper**. Simmer, turning to coat **meatballs**, 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!