

MARLEY SPOON



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. 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.

What we send

- garlic (use 3 large cloves)
- 2 Yukon gold potatoes
- 1 oz panko (use ¼ cup) ¹
- 10 oz ground beef
- 1 pkt beef broth concentrate
- 1 oz apricot preserves
- 1 oz sherry vinegar ¹⁷
- cornstarch (use 1½ tsp)
- 5 oz peas

What you need

- kosher salt & pepper
- 1 large egg ³
- sugar
- butter ⁷
- neutral oil

Tools

- medium saucepan
- colander
- potato masher or fork
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 33g, Carbs 70g, Protein 39g



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 **¼ cup of the 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 **beef broth concentrate**, **all of the apricot preserves**, **sherry vinegar**, **1½ cups water**, **1½ teaspoons sugar**, and **1½ teaspoons of the cornstarch** (save rest for own use).



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** and cook, about 2 minutes. 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!