





## Sweet & Sour Meatballs

with Garlic Mashed Potatoes

 30-40min  4 Servings

Italian-style meatballs get a lot of the meatball spotlight, but we think sweet and sour meatballs deserve their own bit of recognition—especially when made with grass-fed ground beef. 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. C...

## What we send

- cornstarch
- sherry vinegar
- garlic
- beef broth concentrate
- grass-fed ground beef
- cherry preserves
- panko <sup>1,6</sup>
- Yukon gold potatoes
- peas

## What you need

- kosher salt & ground pepper
- sugar

## Tools

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

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

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

## Nutrition per serving

Calories 743kcal, Fat 35g, Carbs 64g, Proteins 44g



### 1. Prep ingredients

Peel and finely chop **1½ tablespoons 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.



### 4. Make potatoes & peas

Return saucepan of water to a boil. Add **potatoes** and another **⅓ of the garlic**; cook until tender, about 8 minutes. Add **peas** and cook, 1 minute. Reserve **¼ cup cooking water**, then drain and return potatoes, peas, and garlic to saucepan. Add **2 tablespoons butter** and coarsely mash, adding **reserved cooking liquid** to loosen. Season with **salt**; cover to keep warm.



### 2. Prep meatballs

In a medium bowl, combine **panko**, **⅓ of the chopped garlic**, **2 large eggs**, **1 teaspoon salt**, and **½ 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 12 equal-sized meatballs.



### 5. Brown meatballs

In a large nonstick skillet, heat **1½ tablespoons oil** over medium-high until shimmering. Add **meatballs** and cook turning once or twice, until evenly 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, combine **2¼ cups water**, **beef broth concentrate**, **cherry preserves**, **vinegar**, **1 tablespoon cornstarch**, **1 tablespoon sugar**, and **½ teaspoon of salt**



### 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, 10-12 minutes. Spoon **meatballs** and **gravy** over **mashed potatoes** (reheat if necessary) and serve. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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