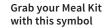


Swedish Pork Meatballs & Bacon-Parsley Sauce

with Cheesy Mash & Nutty Garlic Greens

TASTE TOURS





Parmesan Cheese

Fine Breadcrumbs





Silverbeet











Vegetable Stock Dijon Mustard Powder



Onion Chutney



Roasted Almonds



Prep in: 25-35 mins Ready in: 40-50 mins

We've given our go-to meatballs a Swedish-inspired twist by topping them with a creamy sauce that's so good, everyone will be asking you how you made it. Serve with a Parmesan-laced mash and almond-adorned garlicky greens for the ultimate crowd-pleaser!

Pantry items

Olive Oil, Butter, Milk, Egg

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid \cdot Two large frying pans

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	1/4 cup	
Parmesan cheese	1 medium packet	1 large packet	
pork mince	1 small packet	1 medium packet	
$fine\ breadcrumbs$	1 medium packet	1 large packet	
egg*	1	2	
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet	
lemon	1/2	1	
green beans	2 medium bags	4 medium bags	
silverbeet	1 medium bag	1 large bag	
parsley	1 bag	1 bag	
garlic	2 cloves	4 cloves	
diced bacon	1 packet (90g)	1 packet (180g)	
light cooking cream	1 medium packet	1 large packet	
vegetable stock powder	1 medium sachet	1 large sachet	
Dijon mustard	1 packet	2 packets	
onion chutney	1 packet (40g)	2 packets (80g)	
roasted almonds	1 medium packet	1 large packet	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4426kJ (1058Cal)	516kJ (123Cal)
Protein (g)	56.5g	6.6g
Fat, total (g)	66.3g	7.7g
- saturated (g)	30.6g	3.6g
Carbohydrate (g)	57.1g	6.7g
- sugars (g)	23.3g	2.7g
Sodium (mg)	2020mg	236mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Make the cheesy mash

- Boil the kettle. Half-fill a medium saucepan with the boiled water and heat over high heat.
- Peel potato and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain potato, then return to the saucepan. Add the butter, the milk and Parmesan cheese.
 Mash until smooth, then season to taste. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Prep the meatballs

- Meanwhile, in a medium bowl, combine pork mince, fine breadcrumbs, the egg and garlic & herb seasoning.
- Using damp hands, roll heaped spoonfuls of mixture into small meatballs (4-5 per person).
 Transfer to a plate.



Cook the meatballs

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook meatballs, turning, until browned and cooked through, 8-10 minutes. Transfer to a plate.

TIP: Cook the meatballs in batches if your pan is getting crowded.



Cook the garlic greens

- Meanwhile, cut lemon into wedges. Trim green beans. Roughly chop silverbeet and parsley. Finely chop garlic.
- In a second large frying pan, heat a drizzle of olive oil over medium-high heat. Cook green beans, tossing, until tender, 4-5 minutes.
- Add silverbeet and garlic and cook until fragrant and just wilted, 1-2 minutes.
- Remove pan from heat. Add a generous squeeze of lemon juice. Season with salt and pepper.
 Transfer to a serving dish. Cover to keep warm.

TIP: Add a splash of water to help speed up the cooking process!



Make the bacon-parsley sauce

- Return the first frying pan to medium-high heat with a drizzle of olive oil. When oil is hot, cook diced bacon, breaking up with a spoon, until golden, 4-5 minutes.
- Reduce heat to medium-low, then stir through light cooking cream, vegetable stock powder and Dijon mustard. Simmer until slightly thickened, 2-3 minutes.
- Remove pan from heat, then stir through parsley. Return cooked meatballs and any resting juices to the pan, gently turning meatballs to coat. Set aside.



Serve up

- In a small bowl, combine onion chutney and a generous squeeze of lemon juice.
- Roughly chop **roasted almonds**, then sprinkle over the greens.
- Divide Swedish pork meatballs and cheesy mash between plates. Top with bacon-parsley sauce.
- Serve with nutty garlic greens, onion chutney and any remaining lemon wedges. Enjoy!

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