

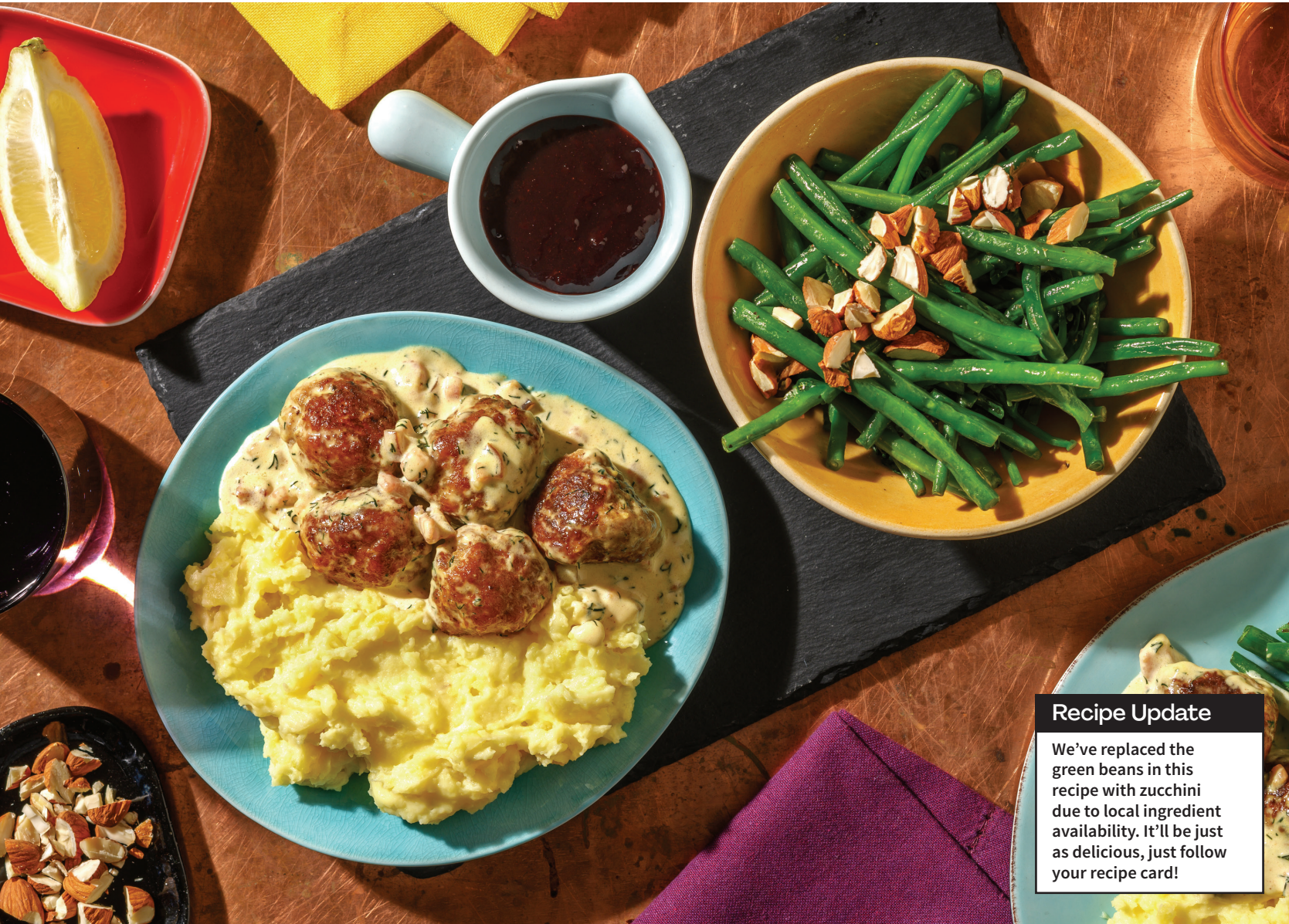


# Swedish Pork Meatballs & Bacon-Parsley Sauce

with Cheesy Mash & Nutty Garlic Greens

TASTE TOURS

Grab your Meal Kit with this symbol



**Recipe Update**  
We've replaced the green beans in this recipe with zucchini due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Potato



Parmesan Cheese



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Lemon



Zucchini



Parsley



Garlic



Baby Spinach Leaves



Diced Bacon



Light Cooking Cream



Vegetable Stock Powder



Dijon Mustard



Roasted Almonds



Onion Chutney

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 · Two large frying pans

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
Parmesan cheese	1 medium packet	1 large packet
pork mince	1 small packet	2 small packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
lemon	½	1
zucchini	1	2
parsley	1 bag	1 bag
garlic	2 cloves	4 cloves
baby spinach leaves	1 medium bag	1 large bag
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
roasted almonds	1 medium packet	1 large packet
onion chutney	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4407kJ (1053Cal)	526kJ (126Cal)
Protein (g)	56.6g	6.8g
Fat, total (g)	66.2g	7.9g
- saturated (g)	30.7g	3.7g
Carbohydrate (g)	56.6g	6.8g
- sugars (g)	23g	2.7g
Sodium (mg)	1949mg	233mg

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](https://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



1



## 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, 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!

4



## Cook the garlic greens

- Meanwhile, cut **lemon** into wedges. Thinly slice **zucchini** into sticks. Roughly chop **parsley**. Finely chop **garlic**.
- In a second large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini**, tossing, until tender, **4-5 minutes**.
- Add **baby spinach leaves** 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!

2



## 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.

5



## 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 bacon 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.

3



## 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** (cook in batches if your pan is getting crowded). Transfer to a plate.

6



## Serve up

- 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!

## Rate your recipe

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