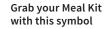


Swedish Pork Meatballs & Bacon-Parsley Sauce

with Cheesy Mash & Nutty Garlic Greens

TASTE TOURS











Potato

Parmesan Cheese





Pork Mince

Fine Breadcrumbs





Garlic & Herb Seasoning

Lemon





Green Beans

Parsley





Baby Spinach





Diced Bacon

Light Cooking









Vegetable Stock Powder

Dijon Mustard







Roasted Almonds

Onion Chutney

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

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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	½ cup
Parmesan cheese	1 medium packet	1 large packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
lemon	1/2	1
green beans	2 medium packets	4 medium packets
parsley	1 packet	1 packet
garlic	2 cloves	4 cloves
baby spinach leaves	1 medium packet	1 large packet
diced bacon	1 medium packet	1 large packet
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	2 packets

*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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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!



Prep the meatballs

- · Meanwhile, combine pork mince, fine breadcrumbs, the egg and garlic & herb seasoning in a medium bowl.
- · 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** (cook in batches if your pan is getting crowded). Transfer to a plate.



Cook the garlic greens

- Meanwhile, cut lemon into wedges. Trim green beans. Roughly chop 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 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!



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.



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!



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