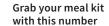


Swedish Pork Meatballs & Bacon-Parsley Sauce

with Cheesy Mash & Nutty Garlic Greens

TASTE TOURS











Potato

Parmesan Cheese



Pork Mince

Fine Breadcrumbs



Garlic & Herb Seasoning

Lemon



Green Beans





Baby Spinach



Diced Bacon

Light Cooking



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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
refer to method	refer to method
2	4
40g	80g
2 tbs	½ cup
1 medium packet	1 large packet
1 medium packet	2 medium packets OR 1 large packet
1 medium packet	1 large packet
1	2
1 medium sachet	1 large sachet
1/2	1
1 medium packet	2 medium packets
1 packet	1 packet
2 cloves	4 cloves
1 medium packet	1 large packet
1 medium packet	1 large packet
1 medium packet	1 large packet
1 medium sachet	1 large sachet
1 packet	2 packets
1 packet	2 packets
1 medium packet	1 large packet
	refer to method 2 40g 2 tbs 1 medium packet 1 medium packet 1 medium packet 1 medium sachet ½ 1 medium packet 1 packet 1 packet 1 medium packet

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4323kJ (1033Cal)	586kJ (140Cal)
Protein (g)	54.8g	7.4g
Fat, total (g)	66.2g	9g
- saturated (g)	30.7g	4.2g
Carbohydrate (g)	53.3g	7.2g
- sugars (g)	20.4g	2.8g
Sodium (mg)	1949mg	264mg
Dietary Fibre (g)	13.9g	1.9g
- sugars (g) Sodium (mg)	20.4g 1949mg	2.8g 264mg

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.

cooking process!



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, 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 (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



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!



Did we make your tastebuds happy Let our culinary team know: hellofresh.com.au/rate



Scan here if you have any questions or concerns

