

# Swedish Pork Meatballs & Bacon-Parsley Sauce

with Cheesy Mash & Nutty Garlic Greens

TASTE TOURS

Grab your meal kit with this number

16



Potato



Parmesan Cheese



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Lemon



Green Beans



Parsley



Garlic



Baby Spinach Leaves



Diced Bacon



Light Cooking Cream



Vegetable Stock Powder



Dijon Mustard



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                              |
|-------------------------|-----------------|---------------------------------------|
| <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 medium packet | 2 medium packets<br>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                                     |
| green beans             | 1 medium packet | 2 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                             |
| onion chutney           | 1 packet        | 2 packets                             |
| roasted almonds         | 1 medium packet | 1 large packet                        |

### \*Pantry Items

## 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           |

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.



## 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. 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!



## 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 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

- 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!

## We're here to help!

Scan here if you have any questions or concerns



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