

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



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
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ 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	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
salt*	¼ tsp	½ tsp
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)	4325kJ (1034cal)	348kJ (83cal)
Protein (g)	54.9g	4.4g
Fat, total (g)	66.2g	5.3g
- saturated (g)	30.7g	2.5g
Carbohydrate (g)	53.3g	4.3g
- sugars (g)	20.4g	1.6g
Sodium (mg)	1948mg	156.6mg
Dietary Fibre (g)	13.9g	1.1g

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



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, 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.



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**, the **salt** 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!

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