

Swedish Pork Meatballs & Herby Bacon Sauce

with Gourmet Garden Parsley & Cheesy Mash

TASTE TOURS

Grab your meal kit with this number

32



Potato



Parmesan Cheese



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Lemon



Green Beans



Garlic



Baby Spinach Leaves



Diced Bacon



Light Cooking Cream



Dijon Mustard



Lightly Dried Parsley



Onion Chutney



Roasted Almonds

Prep in: 25-35 mins
Ready in: 40-50 mins

Gourmet Garden's Aussie grown parsley is lightly dried for a fresher flavour and lasts four weeks once opened. For a Swedish-inspired twist, enjoy this delectable herb stirred through a creamy sauce to top our go-to meatballs - everyone will be asking you how you made it!

Pantry items

Olive Oil, Butter, Milk, Egg

Before you start

Wash hands and fresh veggies.

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
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
lightly dried parsley	½ packet	1 packet
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.

In collaboration with



Grown on farms across Australia, this lightly dried parsley adds extra flavour and depth to every meal.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW40

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**. 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**, the **salt** and **Dijon mustard**. Simmer until slightly thickened, **2-3 minutes**.
- Remove pan from heat, then stir through **Gourmet Garden lightly dried parsley (see ingredients)**. 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 herby bacon sauce.
- Serve with nutty garlic greens, onion chutney and any remaining lemon wedges. Enjoy!

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