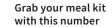


Swedish Pork Meatballs & Cheesy Mash

with Herby Bacon Sauce & Nutty Greens

TASTE TOURS











Potato

Parmesan Cheese



Pork Mince

Fine Breadcrumbs



Garlic & Herb Seasoning

Lemon



Green Beans



Baby Spinach





Diced Bacon

Light Cooking





Vegetable Stock

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 \cdot 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	1/4 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	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 pot	½ packet	1 packet
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)	4318kJ (1032cal)	348kJ (83cal)
Protein (g)	54.1g	4.4g
Fat, total (g)	66.3g	5.3g
- saturated (g)	30.8g	2.5g
Carbohydrate (g)	53g	4.3g
- sugars (g)	20.2g	1.6g
Sodium (mg)	1911mg	154mg
Dietary Fibre (g)	14g	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.





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 up with a spoon, until golden, 4-5 minutes.
- Reduce heat to medium-low, then stir through light cooking cream, vegetable stock pot (see ingredients) 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 herby bacon sauce.
- Serve with nutty greens, onion chutney and any remaining lemon wedges. Enjoy!

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