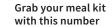


Swedish Pork Meatballs & Cheesy Mash

with Herby Bacon Sauce & Nutty Greens

TASTE TOURS











Potato

Parmesan Cheese



Pork Mince

Fine Breadcrumbs





Garlic & Herb Seasoning

Lemon





Green Beans

Pd





Garlic

Baby Spinach





Diced Bacon

Light Cooking





Vegetable Stock Pot



tock 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	½ 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	½ 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	1 small packet	1 medium packet	
Dijon mustard	1 packet	2 packets	
onion chutney	1 packet	2 packets	
roasted almonds	1 medium packet	1 large packet	

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4305kJ (585cal)	585kJ (79cal)
Protein (g)	54g	7.3g
Fat, total (g)	66.6g	9g
- saturated (g)	30.9g	4.2g
Carbohydrate (g)	51.8g	7g
- sugars (g)	20g	2.7g
Sodium (mg)	1795mg	243.9mg
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 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 and **Dijon mustard**. Simmer until slightly thickened, 2-3 minutes.
- Remove pan from heat, then stir through parsley (see ingredients). 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!



Scan here if you have any questions or concerns



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