

Swedish Pork Meatballs & Bacon-Dill Sauce

with Parmesan Mash & Garlicky Greens



Potato



Grated Parmesan Cheese



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Lemon



Green Beans



Silverbeet



Dill



Roasted Almonds



Garlic



Diced Bacon



Light Cooking Cream



Vegetable Stock Powder



Dijon Mustard



Cherry Glaze

 Hands-on: **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 cheesy mash and almond-adorned garlicky greens for the ultimate crowd-pleaser.

Pantry items

Olive Oil, Butter, Milk, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
pork mince	1 small packet	1 medium packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
garlic & herb seasoning	1 sachet	2 sachets
lemon	½	1
green beans	1 large bag	2 large bags
silverbeet	1 medium bag	1 large bag
dill	1 bag	1 bag
roasted almonds	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
diced bacon	1 packet (90g)	1 packet (180g)
light cooking cream	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
Dijon mustard	1 packet (15g)	2 packets (30g)
cherry glaze	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4611kJ (1102Cal)	527kJ (126Cal)
Protein (g)	57.6g	6.6g
Fat, total (g)	65.6g	7.5g
- saturated (g)	30.4g	3.5g
Carbohydrate (g)	64.7g	7.4g
- sugars (g)	26.1g	7.4g
Sodium (mg)	1831mg	209mg

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.



1 Make the mash

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and **grated 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 greens

While the meatballs are cooking, cut the **lemon** into wedges. Trim the **green beans**. Roughly chop the **silverbeet**, **dill** and **roasted almonds**. Finely chop the **garlic**. In a second large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Add the **silverbeet** and **garlic** and cook until fragrant and just wilted, **1-2 minutes**. Remove from the heat. Add a generous squeeze of **lemon juice**. Season with **salt** and **pepper**. Transfer to a serving dish and cover to keep warm.

TIP: Add a splash of water to help speed up the cooking process!



2 Prep the meatballs

While the potato is cooking, combine the **pork mince**, **fine breadcrumbs**, **egg** and **garlic & herb seasoning** in a medium bowl. Using damp hands, take a heaped spoonful of **mixture** and shape into a small meatball. Transfer to a plate and repeat with the remaining mixture to get 4-5 meatballs per person.



5 Cook the sauce

Boil the kettle. Return the first frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **diced bacon**, breaking up with a spoon, until golden, **4-5 minutes**. Reduce the heat to medium-low, then stir in the **light cooking cream**, **vegetable stock powder** and **Dijon mustard**. Simmer until slightly thickened, **2-3 minutes**. Remove from the heat, then stir in the **dill**. Return the cooked **meatballs** and any resting juices to the pan, turning to coat.



3 Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate.

TIP: If your pan is getting crowded, cook the meatballs in batches for the best results!



6 Serve up

In a small bowl, combine the **cherry glaze** and a generous squeeze of lemon juice. Sprinkle the Swedish pork meatballs and Parmesan mash between plates. Top with the bacon-dill sauce. Serve with the greens, the cherry sauce and any remaining lemon wedges.

Enjoy!

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