



Swedish Pork Meatballs & Bacon-Parsley Sauce

with Cheesy Mash & Nutty Garlic Greens

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Shaved Parmesan Cheese



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Lemon



Green Beans



Silverbeet



Parsley



Garlic



Diced Bacon



Light Cooking Cream



Vegetable Stock Powder



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

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
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
pork mince	1 small packet	1 medium 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 large bag	2 large bags
silverbeet	1 medium bag	1 large bag
parsley	1 bag	1 bag
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	2 packets
onion chutney	1 packet (40g)	2 packets (80g)
roasted almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4432kJ (1059Cal)	517kJ (124Cal)
Protein (g)	56.3g	6.6g
Fat, total (g)	66.4g	7.7g
- saturated (g)	30.7g	3.6g
Carbohydrate (g)	57.2g	6.7g
- sugars (g)	23.4g	2.7g
Sodium (mg)	2021mg	236mg

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

2023 | CW11



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**, the **milk** and **shaved 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 **silverbeet** and **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 **silverbeet** 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 the oil is hot, cook **diced bacon**, breaking bacon up with a spoon, until golden, **4-5 minutes**.
- Reduce heat to medium-low, then stir through **light cooking cream**, **vegetable stock powder** 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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate