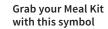


Swedish Pork Meatballs & Bacon-Parsley Sauce

with Cheesy Mash & Nutty Garlic Greens

TASTE TOURS















Fine Breadcrumbs





Seasoning





Green Beans







Diced Bacon



Silverbeet

Light Cooking



Vegetable Stock Powder





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

Ingradients

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	
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	1/2	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.







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!



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



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!



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.



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