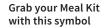


Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS









Potato

Grated Parmesan













Pork Mince

Fine Breadcrumbs



Garlic & Herb



Seasoning

Baby Broccoli





Baby Spinach Leaves

Diced Bacon





Cream

Vegetable Stock

Powder



Cherry Sauce



Pantry items Olive Oil, Butter, Milk, Egg



Before you start

Wash your hands and any fresh food

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 · 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	1/4 cup	
grated Parmesan cheese	1 medium packet	1 large packet	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
parsley	1 bag	1 bag	
roasted almonds	1 packet	2 packets	
pork mince	1 packet	1 packet	
fine breadcrumbs	1 medium packet	1 large packet	
egg*	1	2	
garlic & herb seasoning	1 medium sachet	1 large sachet	
baby broccoli	1 bag	1 bag	
baby spinach leaves	1 medium bag	1 large bag	
diced bacon	1 packet	1 packet	
cream	½ packet (125ml)	1 packet (250ml)	
vegetable stock powder	1 medium sachet	1 large sachet	
cherry sauce	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5266kJ (1259Cal)	709kJ (169Cal)
Protein (g)	57g	7.7g
Fat, total (g)	83.8g	11.3g
- saturated (g)	39.6g	5.3g
Carbohydrate (g)	66.7g	9g
- sugars (g)	29.6g	4g
Sodium (mg)	1688mg	227mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Make the cheesy mash

- Bring a medium saucepan of salted water to the boil.
- Peel potato and cut into large chunks. Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes. Drain, then return potato to the pan.
- Add the butter, milk, grated Parmesan cheese and a pinch of salt, then mash until smooth.
 Season to taste and cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Prep the meatballs

- While the potato is cooking, finely chop garlic.
 Cut lemon into wedges. Roughly chop parsley and roasted almonds.
- In a medium bowl, combine pork mince, fine breadcrumbs, the egg and garlic & herb seasoning.
- Using damp hands, roll heaped spoonfuls of the pork 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. Transfer to a plate and cover to keep warm.

TIP: Cook in batches if your pan is getting crowded.



Cook the garlicky greens

- While the meatballs are cooking, cut baby broccoli in half lengthways.
- In a second large frying pan, heat a drizzle of olive oil over medium-high heat. Cook baby broccoli, tossing, until tender, 4-5 minutes.
- Add baby spinach leaves and garlic and cook until wilted and fragrant, 1-2 minutes.
- Remove from heat, then add a generous squeeze of lemon juice and season with salt and pepper.
 Transfer to a bowl and cover to keep warm.

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



Make the sauce

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 4-5 minutes.
- Reduce heat to medium-low, then add cream (see ingredients) and vegetable stock powder, simmering, until slightly thickened, 1-2 minutes.
- Remove from heat, then stir through parsley.
 Return cooked meatballs and any resting juices to the pan, turning meatballs to coat. Set aside.
- In a small bowl, combine cherry sauce and a generous squeeze of lemon juice.



Serve up

- Bring everything to the table to serve. Help yourself to Swedish-style pork meatballs, cheesy mash and garlicky greens. Top greens with roasted almonds.
- Spoon over any remaining bacon-parsley sauce from the pan over meatballs.
- Serve with cherry sauce and any remaining lemon wedges. Enjoy!

Rate your recipe

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