



Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Garlic



Lemon



Parsley



Roasted Almonds



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Baby Broccoli



Baby Spinach Leaves



Diced Bacon



Cream



Vegetable Stock Powder



Cherry Sauce

Prep in: 25-35 mins
Ready in: 40-50 mins

With two kinds of proteins: juicy pork and crispy bacon, these Swedish-style meatballs are pure comfort food. Add a cheesy mash, with tart cherry sauce and greens and you'll have a dish paying homage to the true Scandi spirit.

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

| | 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 medium packet | 1 large packet |
| garlic | 2 cloves | 4 cloves |
| lemon | ½ | 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.

We're here to help!

Scan here if you have any questions or concerns

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1



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!

4



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.

2



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.

5



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**.

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**. Transfer to a plate and cover to keep warm.

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

6



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!

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