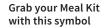


Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS









Potato









Roasted Almonds



Garlic & Herb

Fine Breadcrumbs





Baby Broccoli

Baby Spinach



Diced Bacon





Vegetable Stock



Cherry Sauce

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, White Wine Vinegar

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 with a lid · 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
parsley	½ packet	1 packet
roasted almonds	1 packet	2 packets
pork mince	1 medium packet	2 medium packets OR 1 large packet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
baby broccoli	1 medium bunch	2 medium bunches
baby spinach leaves	1 medium packet	1 large packet
diced bacon	1 medium packet	2 medium packets OR 1 large 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
white wine vinegar*	drizzle	drizzle

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5228kJ (1250Cal)	727kJ (174Cal)
Protein (g)	56.8g	7.9g
Fat, total (g)	83.7g	11.6g
- saturated (g)	39.6g	5.5g
Carbohydrate (g)	66.8g	9.3g
- sugars (g)	34.4g	4.8g
Sodium (mg)	1689mg	235mg

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 and grated Parmesan cheese, 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. Roughly chop parsley (see ingredients) and roasted almonds.
- In a medium bowl, combine pork mince, fine breadcrumbs, the egg and garlic & herb
- · 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.
- Transfer to a bowl, season to taste and cover to keep warm.

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



Make the bacon-parsley sauce

- Return the empty 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. Simmer until slightly thickened, 1-2 minutes.
- · Remove from heat, then stir through parsley. Return cooked **meatballs** and any resting juices to the pan, turning to coat. Set aside.
- In a small bowl, combine cherry sauce and a drizzle of white wine vinegar.



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 any remaining bacon-parsley sauce from the pan over meatballs.
- · Serve with cherry sauce. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate