



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



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

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

	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
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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



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** 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!

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**.
- 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.

2



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 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 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**.

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

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