

# Swedish-Pork Meatballs & Cherry Sauce

with Creamy Bacon-Herb Sauce, Garlicky Greens & Cheesy Mash

Grab your Meal Kit with this symbol



Potato



Garlic



Lemon



Fine Breadcrumbs



Garlic & Herb Seasoning



Broccoli



Herbs



Roasted Almonds



Baby Spinach Leaves



Cream



Vegetable Stock Powder



Cherry Sauce



Grated Parmesan Cheese



Pork Mince



Diced Bacon

**Recipe Update**  
 The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

With two kinds of proteins: juicy pork and crispy bacon in the creamy sauce, these Swedish 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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
garlic	2 cloves	4 cloves
lemon	½	1
pork mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
<b>egg*</b>	1	2
garlic & herb seasoning	1 sachet	1 sachet
broccoli	1 head	2 heads
herbs	1 bag	1 bag
roasted almonds	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
diced bacon	1 packet	1 packet
cream	½ bottle (125ml)	1 bottle (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)	5285kJ (1263Cal)	700kJ (167Cal)
Protein (g)	56.6g	7.5g
Fat, total (g)	84g	11.1g
- saturated (g)	39.9g	5.3g
Carbohydrate (g)	67.6g	9g
- sugars (g)	31.1g	4.1g
Sodium (mg)	1709mg	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](https://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 until easily pierced with a fork, **12-15 minutes**. Drain and return 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 **broccoli** into small florets, then roughly chop the stalk. Roughly chop **herbs** and **roasted almonds**.
- In a second large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **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 plate 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.
- In a medium bowl, combine **pork mince**, **fine breadcrumbs**, the **egg** and **garlic & herb seasoning**.
- Using damp hands, roll spoonfuls of the **pork mixture** into small meatballs (4-5 per person). Transfer to a plate.



## 5 Make the bacon-herb 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 **herbs**. Return cooked **meatballs** and any resting juices to the pan and turn 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 almonds.
- Serve with cherry sauce and any remaining lemon wedges. Enjoy!

## Rate your recipe

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