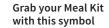


Swedish Pork Meatballs & Bacon-Parsley Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS

















Lemon



Roasted Almonds









Garlic & Herb Seasoning



Baby Spinach



Cream

Broccoli

Leaves





Vegetable Stock

Cherry Sauce



Grated Parmesan

Cheese

Pork Mince



Diced Bacon

Pantry items

Olive Oil, Butter, Milk, Egg

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-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.

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	
lemon	1/2	1	
parsley	1 bag	1 bag	
roasted almonds	1 packet	2 packets	
pork mince	1 packet	1 packet	
fine breadcrumbs	1 packet	1 packet	
egg*	1	2	
garlic & herb seasoning	1 sachet	1 sachet	
broccoli	½ head	1 head	
baby spinach leaves	1 medium bag	1 large 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	½ large packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5248kJ (1254Cal)	707kJ (169Cal)
Protein (g)	57g	7.7g
Fat, total (g)	83.8g	11.3g
- saturated (g)	39.6g	5.3g
Carbohydrate (g)	66.1g	8.9g
- sugars (g)	29.7g	4g
Sodium (mg)	1709mg	230mg

The quantities provided above are averages only.

Allergens

2023 | CW11

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 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 broccoli (see ingredients) into small florets and roughly chop the stalk.
- 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**.

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



Make the 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, 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!

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