



Swedish Pork Meatballs & Bacon-Parsley Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Garlic



Lemon



Parsley



Roasted Almonds



Fine Breadcrumbs



Garlic & Herb Seasoning



Broccoli



Baby Spinach Leaves



Cream



Vegetable Stock Powder



Cherry Sauce



Grated Parmesan Cheese



Pork Mince



Diced Bacon

Recipe Update

The recent weather conditions across New Zealand have 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-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 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
lemon	½	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

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

2023 | CW11



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, 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 **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.

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 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**.

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!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate