

Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS

Grab your meal kit
with this number

24



Potato



Grated Parmesan
Cheese



Garlic



Parsley



Roasted Almonds



Pork Mince



Fine Breadcrumbs



Garlic & Herb
Seasoning



Baby Broccoli



Baby Leaves



Diced Bacon



Cream



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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 | 1 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 leaves | 1 medium packet | 1 large packet |
| diced bacon | 1 medium packet | 2 medium packets OR 1 large packet |
| cream | ½ packet | 1 packet |
| cherry sauce | 1 medium packet OR ½ large packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|------------------|---------------|
| Energy (kJ) | 5201kJ (1243cal) | 413kJ (99cal) |
| Protein (g) | 56.6g | 4.5g |
| Fat, total (g) | 83.8g | 6.7g |
| - saturated (g) | 39.8g | 3.2g |
| Carbohydrate (g) | 64.5g | 5.1g |
| - sugars (g) | 34.6g | 2.7g |
| Sodium (mg) | 1285mg | 102.1mg |
| Dietary Fibre (g) | 7.9g | 0.6g |

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

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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, 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 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** 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 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 season to taste. 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 (see ingredients)** 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

- Top greens with roasted almonds. Bring everything to the table to serve. Help yourself to Swedish-style pork meatballs, cheesy mash and garlicky greens.
- Spoon any remaining bacon-parsley sauce from the pan over meatballs.
- Serve with cherry sauce. Enjoy!

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