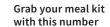


Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS





















Roasted Almonds





Seasoning

Garlic & Herb Fine Breadcrumbs



Baby Broccoli



Baby Leaves



Diced Bacon





Cherry Sauce

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

11191 301131			
	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.



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!



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.



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 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.



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.



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!



Scan here if you have any questions or concerns





Rate your recipe