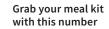


# Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS













Potato









Slivered Almonds





Garlic & Herb

Fine Breadcrumbs





Cream

Asparagus





Diced Bacon





Cherry Sauce



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

| ingi caici ico  |   |  |
|-----------------|---|--|
| 2 People        | 4 People  |  |
| refer to method | refer to method   |  |
| 2               | 4   |  |
| 40g             | 80g   |  |
| 2 tbs           | 1/4 cup   |  |
| 1 medium packet | 1 large packet  |  |
| 2 cloves        | 4 cloves  |  |
| 1 packet        | 1 packet  |  |
| 1 packet        | 2 packets   |  |
| 1 medium packet | 2 medium packets<br>OR 1 large packet   |  |
| 1 medium packet | 1 large packet  |  |
| 1               | 2   |  |
| 1 medium sachet | 1 large sachet  |  |
| 1 bunch         | 2 bunches   |  |
| 1 medium packet | 1 large packet  |  |
| 1 medium packet | 2 medium packets<br>OR 1 large packet   |  |
| ½ packet        | 1 packet  |  |
| 1 medium packet | 1 large packet  |  |
| drizzle         | drizzle   |  |
|                 | refer to method 2 40g 2 tbs 1 medium packet 2 cloves 1 packet 1 packet 1 medium packet 1 tounch 1 medium packet 1 medium packet 1 medium packet 1 medium packet |  |

<sup>\*</sup>Pantry Items

### **Nutrition**

| Per Serving      | Per 100g  |
|------------------|---|
| 5201kJ (1243cal) | 413kJ (99cal)   |
| 56.6g            | 4.5g  |
| 83.8g            | 6.7g  |
| 39.8g            | 3.2g  |
| 64.5g            | 5.1g  |
| 34.6g            | 2.7g  |
| 1285mg           | 102.1mg   |
| 7.9g             | 0.6g  |
|                  | 5201kJ (1243cal)<br>56.6g<br>83.8g<br>39.8g<br>64.5g<br>34.6g<br>1285mg |

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 with salt and pepper 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.
- Heat a large frying pan over medium-high heat.
   Toast slivered almonds, tossing, until toasted,
   3-5 minutes.
- 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

- Return frying pan to medium-high heat with a drizzle of olive oil.
- 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, trim ends of asparagus.
- In a second large frying pan, heat a drizzle of olive oil over medium-high heat. Cook asparagus, tossing, until tender, 4-5 minutes.
- Add baby leaves and garlic, then 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 the first 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 and a drizzle of white wine vinegar.



# Serve up

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



Scan here if you have any questions or concerns





#### Rate your recipe

Did we make your tastebuds happy?

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