

Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS

Grab your meal kit
with this number

16



Potato



Grated Parmesan
Cheese



Garlic



Parsley



Slivered Almonds



Pork Mince



Fine Breadcrumbs



Garlic & Herb
Seasoning



Asparagus



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
slivered 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
asparagus	1 bunch	2 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	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 with **salt** and **pepper** and cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



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.



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.



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**.



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.



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!

We're here to help!

Scan here if you have any questions or concerns

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