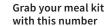


Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS







Potato











Fine Breadcrumbs

Pork Mince



Garlic & Herb





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 lid · Two large frying pans

Ingredients

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 medium packet	2 medium packets OR 1 large packet
1 medium packet	1 large packet
1	2
1 medium sachet	1 large sachet
1 packet	2 packets
1 medium bunch	2 medium bunches
1 medium packet	1 large packet
1 medium packet	2 medium packets 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 medium packet 1 medium packet 1 medium sachet 1 packet 1 medium bunch 1 medium bunch 1 medium packet 1 medium packet 1 medium packet 1 medium packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5200kJ (1242Cal)	725kJ (173Cal)
Protein (g)	56.6g	7.9g
Fat, total (g)	85.2g	11.9g
- saturated (g)	39.8g	5.6g
Carbohydrate (g)	56.2g	7.8g
- sugars (g)	19.3g	2.7g
Sodium (mg)	1281mg	179mg
Dietary Fibre (g)	9g	1.3g

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.
- 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

- Heat a large frying pan over medium-high heat.
 Toast slivered almonds, tossing, until golden,
 2-3 minutes. Transfer to a small bowl and set aside.
- 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, 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.
 Add cooked meatballs and any resting juices to the pan, turning to coat. Set aside.
- In a second small bowl, combine cherry sauce and a drizzle of white wine vinegar.



Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate