

Swedish Pork Meatballs & Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS

Grab your meal kit with this number

21



Potato



Grated Parmesan Cheese



Garlic



Parsley



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Slivered Almonds



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
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
slivered almonds	1 packet	2 packets
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	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5200kJ (725cal)	725kJ (101cal)
Protein (g)	56.6g	7.9g
Fat, total (g)	85.2g	11.9g
- saturated (g)	39.8g	5.6g
Carbohydrate (g)	62.1g	8.7g
- sugars (g)	19.3g	2.7g
Sodium (mg)	1281mg	178.7mg
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.



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, halve **baby broccoli** 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**.
- 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.



3 Cook the meatballs

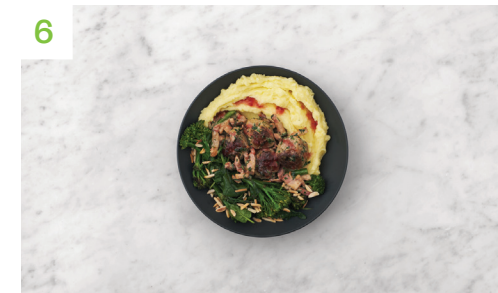
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to a plate and cover to keep warm.

TIP: Cook in batches if your pan is getting crowded.



5 Make the bacon sauce

- Return the 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**.



6 Finish & serve

- Bring everything to the table to serve. Help yourself to Swedish 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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



Rate your recipe

Did we make your tastebuds happy?

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