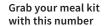


Swedish Pork Meatballs & Creamy Bacon Sauce

with Garlicky Greens & Cheesy Mash

TASTE TOURS













Pork Mince

Fine Breadcrumbs





Slivered Almonds





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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	½ 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)	5194kJ (1241cal)	724kJ (101cal)
Protein (g)	56.8g	7.9g
Fat, total (g)	84.5g	11.8g
- saturated (g)	39.8g	5.6g
Carbohydrate (g)	60.5g	8.4g
- sugars (g)	25.5g	3.6g
Sodium (mg)	1332mg	185.8mg
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 the 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 creamy bacon sauce

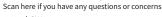
- · Return the frying pan to medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, **4-5 minutes**.
- Reduce heat to medium-low, then add cream (see ingredients) and season to taste. Simmer until slightly thickened, 1-2 minutes.
- · Remove from heat, 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.



Finish & serve

- 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 creamy bacon sauce from the pan over meatballs.
- · Serve with cherry sauce. Enjoy!









Rate your recipe