

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



Thyme



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 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
thyme	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)	5340kJ (1276Cal)	745kJ (178Cal)
Protein (g)	56.5g	7.9g
Fat, total (g)	85.3g	11.9g
- saturated (g)	39.9g	5.6g
Carbohydrate (g)	67.3g	9.4g
- sugars (g)	47.3g	6.6g
Sodium (mg)	1384mg	193mg
Dietary Fibre (g)	10g	1.4g

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!



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.



Prep the meatballs

- While the potato is cooking, finely chop **garlic**. Pick **thyme leaves**.
- 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-thyme 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 **thyme**. 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**.



Cook the meatballs

- Heat a large frying pan over medium-high heat. Toast **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.



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 bacon-thyme 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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