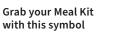
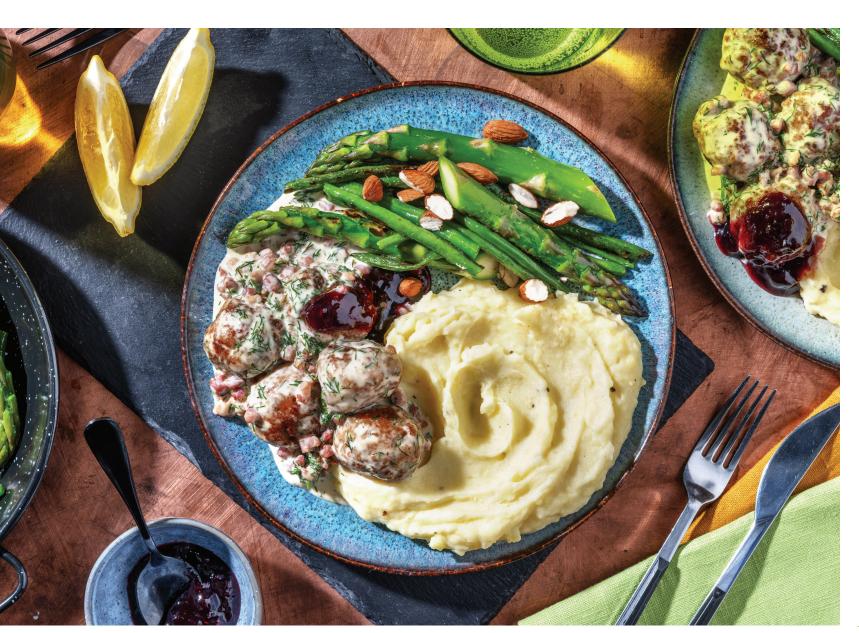


Swedish Pork Meatballs & Creamy Bacon-Dill Sauce with Garlicky Greens, Cheesy Mash & Cherry Sauce

with this symbol











Potato







Pork Mince

Fine Breadcrumbs





Garlic & Herb Seasoning





Green Beans

Asparagus





Roasted Almonds





Longlife Cream

Vegetable Stock Powder





Dijon Mustard

Cherry Sauce

Pantry items Olive Oil, Butter, Milk, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

 ${\sf Medium\, saucepan \cdot Two\, large\, frying\, pans}$

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 packet (30g)	1 packet (60g)	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
pork mince	1 packet	1 packet	
fine breadcrumbs	1 packet	1 packet	
egg*	1	2	
garlic & herb seasoning	1 sachet	1 sachet	
green beans	1 bag (200g)	1 bag (400g)	
asparagus	1 bunch	2 bunches	
dill	1 bag	1 bag	
roasted almonds	1 packet	2 packets	
diced bacon	1 packet	1 packet	
longlife cream	½ bottle (125ml)	1 bottle (250ml)	
vegetable stock powder	1 medium sachet	1 large sachet	
Dijon mustard	1 packet (15g)	2 packets (30g)	
cherry sauce	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5336kJ (1275Cal)	623kJ (149Cal)
Protein (g)	59.4g	6.9g
Fat, total (g)	84.5g	9.9g
- saturated (g)	40g	4.7g
Carbohydrate (g)	64g	7.5g
- sugars (g)	23.5g	2.7g
Sodium (mg)	1788mg	209mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact 2021 | CW45



Make the cheesy mash

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk**, **grated Parmesan cheese** and a pinch of **salt**, 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 the **garlic**. Cut the **lemon** into wedges. In a medium bowl, combine the **pork mince**, **fine breadcrumbs**, **egg** and **garlic & herb seasoning**. Using damp hands, roll heaped spoonfuls of the **pork mixture** into small meatballs. Transfer to a plate. You should get 4-5 meatballs per person.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**. Transfer to another 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, trim the **green beans** and **asparagus**. Roughly chop the **dill** and **roasted almonds**. In a second large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **green beans** and **asparagus**, tossing, until tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Remove from the heat, then add a generous squeeze of **lemon juice** and season.

TIP: Add a splash of water to help speed up the veggie cooking process.



Make the creamy sauce

When the meatballs are done, return the empty frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **diced bacon**, breaking up with a spoon, until golden, **4-5 minutes**. Reduce the heat to medium-low, then add the **longlife cream** (see ingredients), **vegetable stock powder** and **Dijon mustard** and simmer until slightly thickened, **1-2 minutes**. Remove from the heat, then stir through the **dill**. Return the cooked **meatballs** and any **resting juices** to the pan and turn the meatballs to coat. Set aside. In a small bowl, combine the **cherry sauce** and a generous squeeze of **lemon juice**.



Serve up

Bring everything to the table to serve. Help yourself to the Swedish pork meatballs and creamy bacondill sauce, cheesy mash and garlicky greens. Top the greens with the almonds. Serve with the cherry sauce and any remaining lemon wedges.

Enjoy!