



Swedish Pork Meatballs & Creamy Bacon-Dill Sauce

with Garlicky Greens, Cheesy Mash & Cherry Sauce

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Garlic



Lemon



Pork Mince



Fine Breadcrumbs



Garlic & Herb Seasoning



Green Beans



Asparagus



Dill



Roasted Almonds



Diced Bacon



Longlife Cream



Vegetable Stock Powder



Dijon Mustard



Cherry Sauce

Hands-on: 25-35 mins
Ready in: 40-50 mins

With two kinds of proteins: juicy pork and crispy bacon in the creamy sauce, these Swedish meatballs are pure comfort food. Add a cheesy mash, with tart cherry sauce and greens and you'll have a dish paying homage to the true Scandi spirit.

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

Medium saucepan · 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 packet (30g)	1 packet (60g)
garlic	2 cloves	4 cloves
lemon	½	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

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1 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!



4 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.



2 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.



5 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**.



3 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.



6 Serve up

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

Enjoy!