

# Swedish Meatballs with Mashed Potatoes and Salad

hellóchef

A family dinner doesn't get cozier than this!

Cals 1333 • Prot 50 • Carbs 76 • Fat 94

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Panko bread crumbs <b>10*</b> , <b>11*</b> , <b>12*</b>	20	40	60	Grams
Cooking cream <b>4*</b>	200	200	200	ML
Organic Eggs <b>5*</b>	1	1	2	Piece
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Potato mash				
Potatoes	600	900	1200	Grams
Whole milk <b>4*</b>	200	200	200	ML
Butter <b>4*</b>	20	30	50	Grams
Salad				
Baby gem lettuce	2	3	2	Piece
Cucumber	1	2	2	Piece
Tomatoes	1	2	3	Piece
Dill yogurt				
Natural yogurt <b>4*</b>	170	170	340	Grams
Fresh dill	15	15	15	Grams
Lemon	1	1	1	Piece
Dijon mustard <b>13*</b>	6	9	12	Grams

Allergens

**\*10 Wheat, \*11 Gluten, \*12 Lupin, \*4 Milk, \*5 Eggs, \*13 Mustard**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	5557 / 1333
Fat (g)	93.9
of which saturates (g)	46.6
Carbohydrate (g)	76
of which sugars (g)	24.2
Fiber (g)	13.2
Protein (g)	50
Salt (g)	1.2

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make dill yogurt

Make the **dill yogurt** first so that it has time to develop deep flavours. Transfer the yoghurt to a bowl. Chop **dill**. Add to yoghurt with {0,5/0,75/1} Tbsp of **lemon** juice, the **Dijon mustard**, sugar and a pinch of **salt**. Mix well and check the seasoning. Transfer to the fridge until ready to serve.



2 Prep meatball mix

Combine breadcrumbs, **cream** and **eggs** in a bowl. Let sit for 5 minutes. Peel and chop **onion** and **garlic**. Heat **oil** in a pan and fry **onion** for 5 minutes. Add **garlic** and fry for 2 minutes. Transfer to a plate to cool. Once cooled, combine with the breadcrumb mixture. Add **beef mince**, **salt** and **pepper**. Massage well with your hands until the mixture becomes sticky.



3 Make potato mash

Peel and cut **potatoes** to cubes. Cook in boiling water for about 15 minutes until fully softened. Drain. Mash with potato masher. Heat up the **milk** and add to **potatoes**. Add the **butter**. Mix well. Season with **salt** to taste and keep warm under lid.



4 Bake meatballs

While the **potatoes** are boiling, preheat the oven to 200°C. Line an oven tray with baking paper. With oiled hands, form the meat mixture to meatballs. Bake in the oven for 15 minutes.



5 Make salad

Rinse and dry **lettuce**, **cucumbers** and **tomatoes**. Chop to pieces. (Season for example with **olive oil**, **lemon** juice, **salt** and **black pepper**.) Serve with the meatballs, the **dill yogurt** and the mashed **potatoes**.