

Swedish Meatballs

with Peas, Mash and Pickled Cucumber

The perfect dinner to have with the family after a busy school day!

Cals 1197 • Prot 40 • Carbs 88 • Fat 75

Weekly Classic

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🕒 cook: 35 min

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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
Cooking cream 4*	100	100	200	ML
Panko bread crumbs 10*, 11*, 12*	10	15	20	Grams
Shallots	1	2	2	Piece
Dijon mustard 13*	6	9	12	Grams
Soy sauce 9*, 10*, 11*	10	20	20	ML
Garlic powder	2	2	4	Grams
Vegetable oil	1	2	2	Tbsp
Peas and mash				
Potatoes	600	900	1200	Grams
Green peas	200	250	375	Grams
Gravy				
Plain flour 10*, 11*	10	15	20	Grams
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Water	200	300	400	ML
Cream cheese 4*	80	120	160	Grams
Worcestershire sauce 6*, 11*	15	22	30	ML
Cranberry sauce	100	150	200	Grams
Cucumber				
Cucumber	1	2	2	Piece
Fresh dill	15	15	15	Grams
White sugar	5	10	10	Grams
White balsamic vinegar 14*	15	22	30	ML

Allergens

*4 Milk, *10 Wheat, *11 Gluten, *12 Lupin, *13 Mustard, *9 Soya, *5 Eggs, *15 Celery, *6 Fish, *14 Sulphur Dioxide

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)	5007 / 1197
Fat (g)	74.8
of which saturates (g)	34.9
Carbohydrate (g)	88
of which sugars (g)	37.2
Fiber (g)	12.3
Protein (g)	39.7
Salt (g)	5.1

*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 mash

Peel and chop the **potatoes** into bite-size pieces. Add the **potatoes** to a pot of salted boiling water and cook for 15 min until soft. Set aside [2/3/4] tbsp of **cream**. Drain the **potatoes** and return to the pot with the remaining **cream** (adjust the amount to reach your desired consistency). Mash until smooth and season.



2 Prep pickle

Meanwhile, finely slice the **cucumber**. Place a colander in the sink. Place the **cucumber** in the colander and sprinkle with a generous pinch of salt. Allow to sit until step 6. Meanwhile, finely chop the **dill** throngs. Combine the **dill, sugar** and **white balsamic vinegar** in a bowl - set aside.



3 Make meatballs

Place the **panko bread crumbs** in a large bowl with [2/3/4] tbsp of the **cooking cream**. Peel and grate the **shallots** (see pro tip). Add the **beef mince, shallots, Dijon mustard, soy sauce** and **garlic powder** to the bowl. With clean hands, knead the mixture well until soft and fully combined. Shape into small **meatballs**.

Tip! To make these meatballs the authentic Swedish way, fry the shallots before adding them to the meatball mixture.



4 Fry meatballs

Heat a large non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and cook for 6 min or until browned.



5 Make gravy

Once browned, transfer the **meatballs** to a plate. Mix another drizzle of **oil** and the **flour** into the pan juices. Add the **chicken stock cube** and **measured water**. Whisk until smooth. Add the **cream cheese, Worcestershire sauce**, and 1/3 of the **cranberry sauce**. Return the **meatballs** to the pan and simmer for 3-4 min.



6 Serve

Meanwhile, boil the **peas** in a pot of salted water for 3 min until tender. Drain. Give the **cucumber** a squeeze to remove any excess water, before tossing them in the **dill vinegar**. Serve with the **meatballs** and **gravy** over the **mash** with the **peas, cucumber** and remaining **cranberry sauce** on the side.

Tip! Save the pickled cucumbers for the grown-ups!