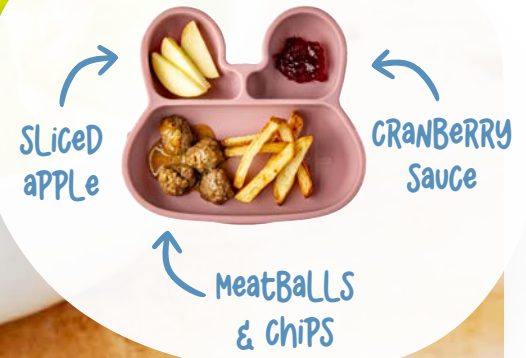




FOR THE  
Little ones



# Swedish MeatBALLS

Swedish style meatballs served in a homemade gravy over creamy mashed potatoes and finished with cranberry sauce.

35 Minutes

2 Servings

Beef

Per serve	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	34g	21g	50g

## FROM YOUR BOX

MEDIUM POTATOES	3
SHALLOT	1
BEEF MINCE	300g
CHICKEN STOCK PASTE	1 jar
BABY COS LETTUCE	1
RED APPLE	1
CRANBERRY SAUCE	1 jar

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, cornflour, ground nutmeg

## COOKING TOOLS

large saucepan, large frypan

You can make larger patties or rissoles to speed up the process. Serve in gravy with a side of chips.

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

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### 1. COOK THE POTATOES

Chop **potatoes** and place in a large saucepan. Cover with water. Bring to a boil and cook for 10-15 minutes or until soft. To drain, see step 5.

**tip** Peel the potatoes before boiling for a smoother mash! Use a fork to check if the potatoes are soft.



### 4. MAKE THE GRAVY

Add **30g butter** to pan. When melted, gently stir in **1 tbsp cornflour** and slowly whisk in **1 1/2 cup water**. Add **2-3 tsp stock paste** and simmer for 1-2 minutes. Return **meatballs** and simmer until cooked through.

**tip** Add a splash of soy sauce for umami and colour!



### 2. MAKE THE MEATBALLS

Peel and finely chop **shallot**. Combine with **beef mince**, **2 tsp stock paste**, **1/4 tsp ground nutmeg** and **pepper**. Shape into 1 tbsp size **meatballs**.

**tip** Instead of nutmeg, you can use allspice, dried oregano or another herb of choice.



### 5. MASH THE POTATOES

Reserve 1/3 cup cooking water before draining the **potatoes**. Return to saucepan and mash with **1-2 tbsp butter**. Season with **salt and pepper**.

**tip** Replace cooking water with milk for a creamier mash!



### 3. COOK THE MEATBALLS

Heat a large frypan with **oil** or **butter** over medium-high heat. Add the **meatballs** to pan to brown all over. Remove from pan, leaving pan over medium heat.



### 6. FINISH AND SERVE

Chop **baby cos** and slice **apple**. Arrange in a serving bowl.

Serve **meatballs** and **gravy** with **mash**, **salad** and **cranberry sauce**.