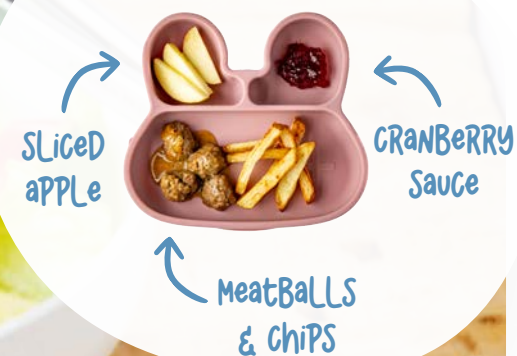


for the
little ones

SweDiSh MeatBALLS

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



35 Minutes



2 Servings



Beef

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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.



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 **2 cups water**. Add remaining 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.