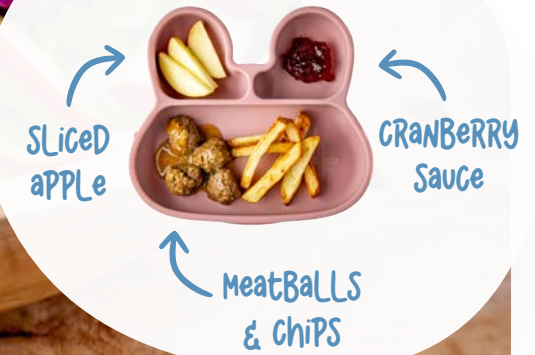




FOR THE
LITTLE ONES



Swedish MeatBALLS

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



35 Minutes



4/6 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	24g	62g/75g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	1kg	1.5kg
SHALLOT	1	1
BEEF MINCE	600g	600g + 300g
CHICKEN STOCK PASTE	1 jar	1 jar
MIXED SALAD	1 bag	1 bag
RED APPLES	1	2
CRANBERRY SAUCE	1 jar	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 **40g 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.

6P - add 50g butter to pan. Gently stir in 2 tbsp cornflour and slowly whisk in 2 1/2 cups water.



2. Make the MeatBALLS

Peel and finely chop **shallot**. Combine with **beef mince**, **3 tsp stock paste**, **1/2-1 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 **1/2 cup cooking water** before draining the **potatoes**. Return to saucepan and mash with **2-3 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

Arrange the **mixed salad** in serving bowl. Slice and add **apple**.

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