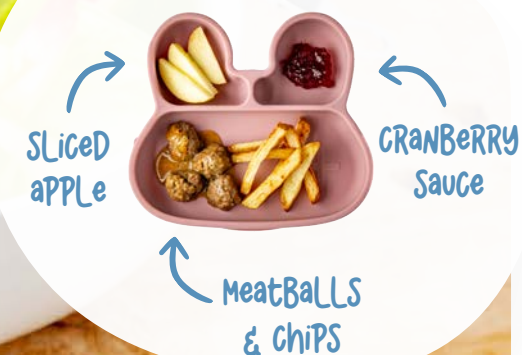


for the  
little ones

# SweDiSh MeatBALLS

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



35 Minutes



4 Servings



Beef

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## FROM YOUR BOX

MEDIUM POTATOES	1kg
SHALLOT	1
BEEF MINCE	600g
CHICKEN STOCK PASTE	1 jar
BABY COS LETTUCE	1
RED APPLES	2
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 **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.

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



### 2. Make the MeatBALLS

Peel and finely chop **shallot**. Combine with **beef mince**, **3 tsp stock paste**, **1/2 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

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

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