



SweDiSh MeatBallS







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

FROM YOUR BOX

POTATOES	1kg
SHALLOT	1
BEEF MINCE	600g
CHICKEN STOCK PASTE	1 jar
MIXED SALAD	1 bag (400g)
RED APPLES	1
CRANBERRY SAUCE	1 jar

FROM YOUR PANTRY

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

COOKING toolS

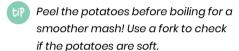
large saucepan, large frypan

Before you start cooking!



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.





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.

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.

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



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.



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.

> Replace cooking water with milk for a creamier mash!



6. finish and serve

Arrange the mixed salad in serving bowl. Slice and add apples.

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