









Swedish-Style Beef Meatballs

with Creamy Gravy and Buttery Broccoli

Family Friendly

25-35 Minutes

 Swap	 Swap	 Double
		
Ground Turkey 250 g 500 g	Beyond Meat® 2 4	Ground Beef 500 g 1000 g

 Customized Protein

 Add











 Swap

or

 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



	
Ground Beef 250 g 500 g	Yellow Potato 350 g 700 g
	
Broccoli 227 g 454 g	Garlic, cloves 2 4
	
Cream 56 ml 113 ml	Gravy Spice Blend 2 tbsp 4 tbsp
	
Beef Broth Concentrate 1 2	Italian Breadcrumbs 4 tbsp 8 tbsp
	
Dill-Garlic Spice Blend 1 tsp 2 tsp	Cranberry Spread 2 tbsp 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Unsalted butter, salt, pepper, milk

Cooking utensils | Baking sheet, large bowl, large non-stick pan, large pot, measuring cups, measuring spoons, parchment paper, potato masher, strainer, vegetable peeler

1



Prep and cook potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

4



Make gravy

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **garlic** and **Gravy Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Add **¾ cup** (1 ¼ cups) **water**, **broth concentrate** and **half the cream**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low and cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Season with **pepper**.
- When **meatballs** are done, transfer to the pan with **gravy**. Toss to coat.

2



Form and bake meatballs

- 🔄 Swap | **Ground Turkey**
- 🔄 Swap | **Beyond Meat®**
- ×2 Double | **Ground Beef**

- Meanwhile, line a baking sheet with parchment.
- Combine **breadcrumbs**, **half the Dill-Garlic Spice Blend**, **½ tsp** (¼ tsp) **salt** and **3 tbsp** (6 tbsp) **milk** in a large bowl.
- Crumble in **beef**. Season with **pepper**, then combine again.
- Roll **mixture** into **10** (20) **equal-sized meatballs**. Transfer to prepared sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min. **

5



Finish mash

- Mash **remaining cream**, **remaining Dill-Garlic Spice Blend** and **1 tbsp** (2 tbsp) **butter** into **potatoes** until creamy.
- Season with **salt** and **pepper**.

3



Prep and cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.
- Heat a large non-stick pan over medium heat.
- When hot, add **broccoli** and **¼ cup** (½ cup) **water**. Season with **salt** and **pepper**, then stir to combine.
- Cover and cook, stirring occasionally, until tender, 5-6 min.
- Remove from heat. Add **1 tbsp** (2 tbsp) **butter**, then toss until **butter** is melted and **broccoli** is coated, 1 min.
- Transfer to a plate, then cover to keep warm.

6



Finish and serve

- Divide **mash** and **broccoli** between plates.
- Top **mash** with **meatballs** and **gravy**.
- Serve **cranberry spread** alongside.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Form and bake meatballs

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, prep and cook it in the same way the recipe instructs you to prep and cook the **beef**. **

2 | Form and bake meatballs

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, crumble **Beyond Meat® patties** into the large bowl with **breadcrumb mixture** before forming into **meatballs**. Cook it the same way the recipe instructs you to prepare and cook the **beef**. **

2 | Form and bake meatballs

×2 Double | **Ground Beef**

If you've opted for double **beef**, add an extra **½ tsp** (¼ tsp) **salt** to the **beef mixture**. Roll **mixture** into **20** (40) **equal-sized meatballs**.

** Cook to a minimum internal temperature of 74°C/165°F.