








Swedish-Style Beef Meatballs

with Creamy Gravy and Buttery Broccoli

Family Friendly 30-40 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	Russet Potato 2 4
	
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.

Ingredient quantities 56 g | 113 g
2 person | 4 person

1



Prep and cook potatoes

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

- Peel, then 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.
- Whisk in **1 cup** (2 cups) **water**, **broth concentrate** and **half the cream**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low and cook, whisking 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 paper.
- Combine **breadcrumbs**, **half the Dill-Garlic Spice Blend**, **1/8 tsp** (1/4 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 the 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 **1/4 cup** (1/2 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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Form and bake meatballs

🔄 Swap | **Ground Turkey**

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

2 | Bake Beyond Meat® meatballs

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prep and cook the same way the recipe instructs you to prep and cook the **beef****

2 | Form and bake meatballs

*2 Double | **Ground Beef**

If you've opted for **double beef**, add an extra **1/4 tsp** (1/2 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.