



Swedish-Style Beef Meatballs

with Creamy Gravy and Buttery Green Beans

Family Friendly 30-40 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Beef



Ground Turkey



Russet Potato



Green Beans



Garlic, cloves



Cream



Gravy Spice Blend



Beef Broth Concentrate



Italian Breadcrumbs



Dill-Garlic Spice Blend



Cranberry Spread

HELLO GRAVY SPICE BLEND

The ideal blend to thicken gravies or sauces and add savoury flavour to any dish!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, large bowl, parchment paper, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Russet Potato	2	4
Green Beans	170 g	340 g
Garlic, cloves	2	4
Cream	56 ml	113 ml
Gravy Spice Blend	2 tbsp	4 tbsp
Beef Broth Concentrate	1	2
Italian Breadcrumbs	¼ cup	½ cup
Dill-Garlic Spice Blend	1 tsp	2 tsp
Cranberry Spread	2 tbsp	4 tbsp
Milk*	3 tbsp	6 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Salt and Pepper*		

* Pantry items

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

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.



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1



Prep and cook potatoes

- 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.

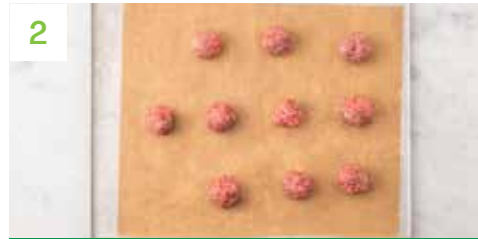
4



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.
- Add **¾ cup** (1 ¼ cups) **water**, **broth concentrate** and **half the cream**. Bring to a boil over high.
- Once boiling, reduce to medium-low and cook, stirring often, until **gravy** thickens slightly, 2-3 min.
- Season with **pepper**, to taste.
- When **meatballs** are done, transfer to the pan with **gravy**. Toss to coat.

2



Form and bake meatballs

- Meanwhile, add **breadcrumbs**, **half the Dill-Garlic Spice Blend**, **¼ tsp** (¼ tsp) **salt** and **3 tbsp** (6 tbsp) **milk** to a large bowl. Stir until **milk** is absorbed, 30 sec.
- Crumble in **beef**. Season with **pepper**, then combine again. (**TIP**: If you prefer a more tender meatball, add an egg to mixture!)
- Roll **mixture** into **10 equal-sized meatballs** (20 meatballs for 4 ppl). Transfer to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

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

5



Finish mash

- When **potatoes** are done, drain, then return to the same pot, off heat.
- Mash **remaining cream**, **remaining Dill-Garlic Spice Blend** and **1 tbsp** (2 tbsp) **butter** into **potatoes** until creamy.
- Season with **salt** and **pepper**, to taste.

3



Prep and cook green beans

- Meanwhile, trim **green beans**.
- Peel, then mince or grate **garlic**.
- Heat a large non-stick pan over medium heat.
- When hot, add **green beans** 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 **green beans** are coated, 1 min.
- Transfer to a plate, then cover to keep warm.

6



Finish and serve

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

Dinner Solved!