







Swedish-Style Beef Meatballs

with Creamy Gravy and Buttery Green Beans

Family Friendly 30-40 Minutes

↗ Custom Recipe + Add ↻ Swap or *2 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 Turkey 250 g 500 g	Plant-Based Ground Protein 250 g 500 g



	
Ground Beef 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

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 | Milk, unsalted butter, salt, pepper

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

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.

2



Form and bake meatballs

Swap | **Ground Turkey**

Swap | **Plant-Based Protein**

- Meanwhile, add **breadcrumbs**, **half the Dill-Garlic Spice Blend**, **1/8 tsp (1/4 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.**

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 the pan is hot, add **green beans** 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 **green beans** are coated, 1 min.
- Transfer to a plate, then cover to keep warm.

4



Make creamy gravy

- Reheat the same pan over medium.
- When the pan is hot, add **1 tbsp (2 tbsp) butter**, then **garlic** and **Gravy Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Add **3/4 cup (1 1/4 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 **creamy gravy**. Toss to coat.

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.

6



Finish and serve

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

Measurements
within steps

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

2 | Form and bake turkey meatballs

Swap | **Ground Turkey**

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****

2 | Form and bake plant-based meatballs

Swap | **Plant-Based Protein**

If you've opted to get **plant-based ground protein**, prepare, cook and plate it the same way the recipe instructs you to prepare, cook, and plate the **beef****

** Cook beef, turkey and plant-based ground protein to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.