



Swedish-Style Beef Meatballs

with Creamy Gravy and Buttery Green Beans

Family Friendly

30-40 Minutes



Ground Beef



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.

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Russet Potato	460 g	920 g
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 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.

Contact

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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.

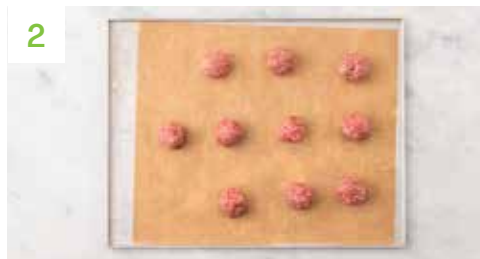
4



Make gravy

- Reheat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then **garlic** and **Gravy Spice Blend**. Cook, stirring often, until fragrant, 30 sec.
- Add **¾ cup water** (1 ¼ cups for 4 ppl), **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 Blend**, **½ tsp salt** and **3 tbsp milk** (dbl both for 4 ppl) 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 the mixture!)
- Roll **mixture** into **10 equal-sized meatballs** (20 for 4 ppl). Transfer **meatballs** to a parchment-lined baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

5



Finish mash

- When **potatoes** are done, drain, then return them to the same pot, off heat.
- Mash **remaining cream**, **remaining Dill-Garlic Blend** and **1 tbsp butter** (dbl for 4 ppl) 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 water** (dbl for 4 ppl). 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 butter** (dbl for 4 ppl), then toss until **butter** is melted and **green beans** are coated, 1 min.
- Transfer **green beans** 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 **meatballs**.

Dinner Solved!