



## Creamy Swedish Meatballs

with Egg Noodles & Cranberry Relish



30-40min



2 Servings

What makes a meatball Swedish? Like any food tradition, recipes vary from person to person—but a few key characteristics generally remain the same. Firstly, the size: small cocktail-size meatballs. And secondly, the sauce: a rich creamy, broth-based sauce. Serving Swedish Meatballs over egg noodles aren't a key deciding factor, but it does make an extra delicious addition, perfect for soaking u...



## What we send

- grass-fed ground beef
- turkey broth concentrate
- dried cranberries
- shallot
- fresh dill
- peas

## What you need

- 1 large egg <sup>3</sup>
- all-purpose flour <sup>1</sup>
- butter <sup>7</sup>
- kosher salt & ground pepper
- olive oil
- sugar

## Tools

- colander
- medium nonstick skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Energy 1130.0kcal, Fat 72.0g, Proteins 49.0g, Carbs 69.0g



### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely chop **all of the shallot**. In a medium bowl, combine **cranberries, ½ cup water, 1 tablespoon sugar, and a pinch each salt and pepper**. In another medium bowl, whisk together **1 cup water, broth concentrate, mascarpone and 1 tablespoon flour**.



### 4. Add sauce

Remove from heat, tilt the skillet and spoon off and discard as much **excess fat** as possible. Return pan to medium-high, then add **mascarpone** mixture. Bring **sauce** to a simmer and continue to cook, basting meatballs with a spoon until sauce is reduced to 1 cup and **meatballs** are cooked through, 6–8 minutes.



### 2. Cook cranberry relish

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **half of the shallot**; cook until softened, about 2 minutes. Add **cranberry mixture**, bring to a simmer, and cook until mixture is thick and jammy and reduced to ½ cup, 5–7 minutes. Coarsely mash cranberries with a fork; transfer to same bowl and cover to keep warm. Rinse and dry skillet.



### 5. Cook noodles

While **sauce** simmers, roughly chop **dill**. Add **¾ of the noodles** to boiling water (save rest for own use) and cook until tender, 5–6 minutes. Stir in **peas** and cook, about 2 minutes more. Drain. Return peas and noodles to pot and stir in **2 tablespoons butter and half of the chopped dill**.



### 3. Cook meatballs

In a medium bowl, combine **panko, remaining shallot, 1 large egg, ¾ teaspoon salt, and ¼ teaspoon pepper**. Add **beef** and knead or stir to combine. Form mixture into 10 meatballs. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add meatballs and cook turning once or twice, until browned but not cooked through, 6–8 minutes.



### 6. Serve

Spoon **noodles** into shallow bowls and top with **meatballs and sauce**. Serve topped with **remaining dill and cranberry relish** alongside. Enjoy!