



Swedish Meatballs with Mash

and Cranberry Relish



40-50min



2 Portions

This Scandinavian classic is sure to bring smiles, even from the fussiest of eaters. We've stayed true to the original dish, using a mixture of pork and beef for the meatballs, and pairing them with mashed potato and an easy brown gravy using chicken stock and the delicious pan juices. A tart cranberry relish also makes a fantastic substitute for traditional lingonberry sauce.

What we send

- dill
- desiree potatoes, zucchini
- green beans
- red wine vinegar ¹⁷
- dried cranberries
- pork and beef mince
- red onion
- chicken stock cubes

What you'll require

- boiling water
- butter ⁷
- milk ⁷
- olive oil
- plain flour ¹
- sea salt and pepper
- sugar

Utensils

- large frypan
- medium saucepan
- potato masher
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7), Sulphites (17).
May contain traces of other allergens.

Nutrition per serving

Energy 730.0kcal, Fat 25.8g, Proteins 43.9g, Carbs 72.5g



1. Prepare ingredients

Bring a small pan of salted water to the boil for the beans. Peel the **potatoes**, then cut into 2cm chunks. Put in a medium saucepan and bring to the boil. Cook for 12-15 mins until tender. Meanwhile, finely grate the **onion** and finely chop **cranberries**. Trim the tops of the **beans** and cook in boiling water for 2 mins. Drain in a colander and rinse in cold water.



4. Make meatballs

While relish is cooking, finely grate **zucchini**, then squeeze out liquid and put in a large bowl. Add **mince, remaining onion, salt and pepper**, and mix until well combined. Roll into 10 golfball-sized balls. Heat **remaining oil** in a large frypan over medium heat. Cook meatballs, turning, for 10-12 mins until golden. Remove and set aside. Do not clean the pan.



2. Make mash

Drain the **potatoes** in a colander and return to the pan over low heat for 1 min to dry. Add the **milk** and **half the butter**, and mash with a potato masher until smooth, season with salt and pepper. Cover and keep warm.



5. Make gravy

Crumble **1 stock cube** (keep remainder for another use) into a heatproof jug, add the **boiling water** (see staples list) and stir to combine. Melt the **remaining butter** in the meatball pan, then add the **flour** and cook, stirring, for 1 min. Gradually whisk in the stock and simmer, stirring, for 2 mins or until slightly thickened.



3. Make relish

Heat **half the oil** in the reserved pan over medium heat. Add **half the onion** and cook, stirring, for 3 mins or until softened. Add **cranberries, sugar, cold water** (see staples list) and **vinegar**. Reduce heat to medium-low and simmer, stirring occasionally, for 15 mins or until cranberries are soft. Turn off the heat.



6. Get ready to serve

Return the meatballs to the pan and cook, turning to coat, for 5 mins or until warmed through. Meanwhile, put **beans** in a heatproof bowl, cover with boiling water and stand for 2 mins to reheat. Pick the **dill** sprigs and finely chop. Stir **dill** through meatballs. Drain **beans**. Divide mash, meatballs, gravy and beans among bowls. Serve with the relish.