

# DINNERLY



## Sweet & Sour Swedish Meatballs with Egg Noodles

 20-30min  2 Servings

We don't know about you, but the #1 reason we go to Ikea is for the Swedish meatballs (definitely not for the joys of battling a piece of flat-packed furniture). If like us, you have a special place in your stomach for them, we think you're gonna love this dish. Our kicked up meatballs are made of grass-fed ground beef, draped in a velvety sweet and sour sauce and then served on a bed of egg no...

#### WHAT WE SEND

- garlic
- grass-fed ground beef
- peas
- cherry preserves

#### WHAT YOU NEED

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

#### TOOLS

- colander
- large saucepan

#### ALLERGENS

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

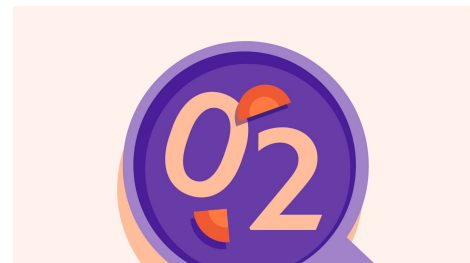
#### NUTRITION PER SERVING

Calories 568.0kcal, Fat 25.0g, Proteins 34.0g, Carbs 50.0g



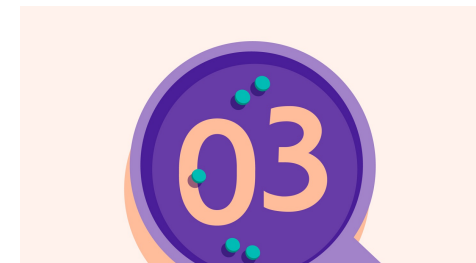
#### 1. Prep ingredients & sauce

Bring a large saucepan of **salted water** to a boil. Cover and keep warm until step 4. Peel and finely chop **2 large garlic cloves**. In a small bowl, whisk **cherry preserves, 2 tablespoons vinegar, ¾ cup water, 1½ teaspoons sugar, 1½ teaspoons flour, and a pinch each salt and pepper**.



#### 2. Prep meatballs

In a medium bowl, combine **panko, half of the garlic, 1 large egg, ½ teaspoon salt, and ¼ teaspoon pepper**. Let sit 5 minutes for panko to absorb the egg. Add **beef** and knead or stir to combine. Using slightly moistened hands, form mixture into 8 meatballs.



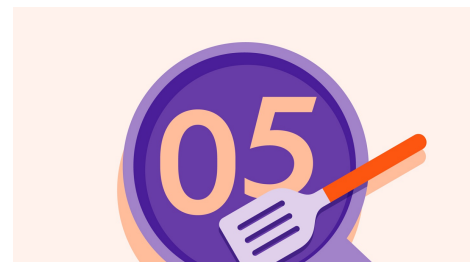
#### 3. Cook noodles & peas

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 1 minute. Drain, and return to pot, stir in **1 tablespoon butter**. Cover to keep warm off heat.



#### 4. Make meatballs

Dust **meatballs** lightly with **flour**, tapping off excess. In a medium skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add meatballs and cook turning once or twice, until browned but not cooked through, 6–8 minutes. Remove from heat, tilt the skillet and spoon off and discard as much excess fat as possible.



#### 5. Finish & serve

Stir **remaining garlic** into skillet with **meatballs** and cook 1 minute. Add **sauce mixture** and season lightly with **salt and pepper**. Cook over medium-high heat, turning the meatballs in the sauce until the meatballs are cooked through and the sauce is thick and glossy, 2–3 minutes. Serve **meatballs** and **sauce** over **noodles**. Enjoy!



#### 6. Do it ahead!

Get a head start on dinner by prepping the meatballs in step 2 and leaving them in an airtight container in the fridge until you're ready to make dinner!