

DINNERLY



Sweet & Sour Swedish Meatballs with Egg Noodles

 20-30min  4 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

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

WHAT YOU NEED

- 1 large egg
- all-purpose flour ¹
- butter ⁷
- 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.

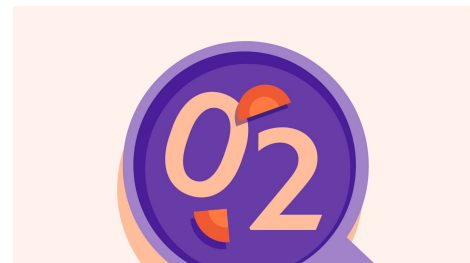
NUTRITION PER SERVING

Calories 548.0kcal, Fat 23.5g, Proteins 32.5g, Carbs 49.0g



1. Prep ingredients & sauce

Bring a large pot of **salted water** to a boil. Cover and keep warm until step 4. Peel and finely chop **3 large garlic cloves**. In a medium bowl, whisk **cherry preserves, 2 tablespoons vinegar, 1½ cups water, 1 tablespoon sugar, 1 tablespoon flour**, and **½ teaspoon each salt and pepper**.



2. Prep meatballs

In a medium bowl, combine **panko, half of the garlic, 1 large egg, 1 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 16 meatballs.



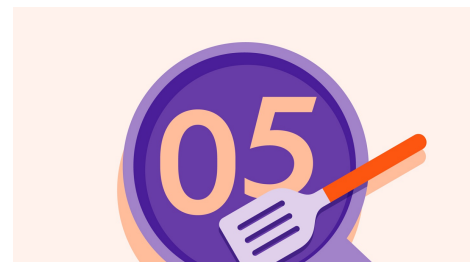
3. Cook noodles & peas

Add **¾ of 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, then return to pot and stir in **2 tablespoons butter**. Cover to keep warm off heat.



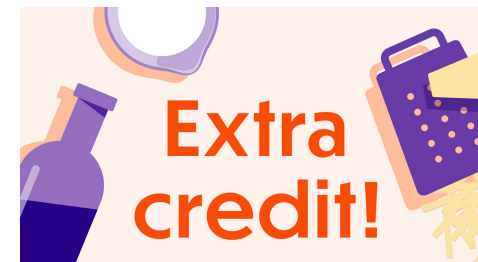
4. Make meatballs

Dust **meatballs** lightly with **flour**, tapping off excess. In a large skillet, heat **2 tablespoons 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 thick and glossy and the meatballs are cooked through, 3-4 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!