



More than Food

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Spiced Swedish Meatballs

with Roasted Mushrooms and Egg Noodles

Sorry Italians, but the Swedes may have won the meatball battle. These traditional Swedish meatballs are flavored with warm spices like allspice, nutmeg, and white pepper. Baked and tossed in a light cream sauce, this comfort food classic is suitable for any weeknight meal.

35 min

level 1

nut free



Ground Beef



Panko



Yellow Onion



Swedish Spice Blend



Reduced Fat Milk



Beef Stock Concentrate



Vegetable Stock Concentrate



Flour



Mushrooms



Egg Noodles



Parsley

Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Panko	1) 2) ½ C	1 C
Yellow Onion	1	2
Swedish Spice Blend	1 T	2 T
Reduced Fat Milk	3) 4 oz	8 oz
Beef Stock Concentrate	1	2
Vegetable Stock Concentrate	1	2
Flour	1) 1 T	2 T
Mushrooms	4 oz	8 oz
Egg Noodles	1) 4) 6 oz	12 oz
Parsley	¼ oz	½ oz
Butter*	3) 1 T	2 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk
- 4) Egg

Tools

Baking Sheet, Large Pan, Large Pot, Medium Bowl, Small Bowl, Strainer, Box Grater, Whisk

Ruler

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Nutrition per person Calories: 785 cal | Fat: 27 g | Sat. Fat: 10 g | Protein: 41 g | Carbs: 92 g | Sugar: 12 g | Sodium: 737 mg | Fiber: 5 g

Make sure to wash and dry produce before prepping or cooking!



1

1 Prep the ingredients: Preheat the oven to 400 degrees. Bring a large pot of water with a large pinch of **salt** to a boil. Halve, peel, and thinly slice **half the onion**. Using a box grater, grate the **remaining onion** into a medium bowl. Quarter the **mushrooms**. Toss the **mushrooms** on one side of a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until golden brown.



2

2 Season the beef: Add the **panko**, **half a packet of vegetable stock concentrate**, and **¼ cup water** to the bowl with the **onion**. Using your hands, squish the mixture together until a smooth paste forms. Add the **ground beef**, **1 teaspoon Swedish spice blend** (we sent more), and a large pinch of **salt** (we used ½ teaspoon kosher salt) to the bowl and mix until just combined.



4

3 Make the beef stock mixture: In a small bowl or liquid measuring cup, mix together **1 cup water**, the **milk**, and the remaining **vegetable** and **beef stock concentrate**. Heat **1 Tablespoon butter** and a drizzle of **oil** in a large pan over medium heat. Add the **sliced onion** to the pan and cook, tossing, for 5-6 minutes, until softened.

4 Cook the meatballs and egg noodles: While the **onions** cook, form the **seasoned beef** into golf-ball sized **meatballs** and place on the baking sheet. Return to the oven for 10-12 minutes, until cooked through. Finely chop the **parsley**. Add the **egg noodles** to the boiling water and cook for 7-9 minutes, until al dente. Drain.



5

5 Make the sauce: Sprinkle the **flour** over the onions and stir to combine. Cook, stirring constantly, for 1 minute. Very slowly begin to whisk in the **beef stock mixture**, whisking to incorporate between each addition of liquid. Once all the liquid is added, bring the mixture to a simmer, whisking constantly, until thickened. Season with **1 teaspoon Swedish spice blend** (we sent more), then taste and season with **salt** and additional **Swedish spice blend**, if desired.

6 Finish and plate: When the **meatballs** and **mushrooms** are done, toss them into the sauce along with **half the parsley**. Plate the noodles, then top with the Swedish **meatballs**, **sauce**, and a sprinkle of **parsley**. Enjoy!