



MAR
2017

Spiced Swedish Meatballs

with Mushrooms and Fusilli

These traditional Swedish meatballs are flavoured with warm spices like allspice and nutmeg and sweetened with a touch of dried cranberries! Tossed in a light cream sauce, this comfort food classic is great for any weeknight meal.

 **Prep**
30 min



Ground Beef



Fresh Fusilli



White Mushrooms



Onion



Swedish Spice Blend



Sour Cream



Beef Broth Concentrate



Breadcrumbs



Flax Meal



Parsley



Dried Cranberries

Ingredients

	2 People	4 People
Ground Beef	1 pkg (250 g)	2 pkg (500 g)
Fusilli	1) 1 pkg (170 g)	2 pkg (340 g)
White Mushrooms	1 pkg (227 g)	2 pkg (454 g)
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Swedish Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Sour Cream	2) 2 pkg (1/3 cup)	4 pkg (2/3 cup)
Beef Broth Concentrate	2 pkg	4 pkg
Breadcrumbs	1) 1 pkg (2 tbsp)	2 pkg (4 tbsp)
Flax Meal	1 pkg (1/2 tbsp)	2 pkg (1 tbsp)
Parsley	1 pkg (10 g)	1 pkg (10 g)
Dried Cranberries	1 pkg (28 g)	2 pkg (56 g)
Butter*	2) 1 tbsp	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Large Pot, Measuring Spoons, Medium Bowl, Large Non-Stick Pan, Strainer, Measuring Cups

Ruler

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Nutrition per person Calories: 834 cal | Fat: 27 g | Protein: 45 g | Carbs: 103 g | Fibre: 7 g | Sodium: 597 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Bring a large pot of **salted water** to a boil. Thinly slice the **mushrooms**. Finely chop the **parsley**. Finely chop the **dried cranberries**.

2



2 Make the meatballs: In a medium bowl, mix the **flax meal** and **1 tbsp water** (double for 4 people) until combined. (It will look gloopy!) Add the **ground beef, breadcrumbs, spice blend** and **cranberries**. Season with **salt** and **pepper**. Roll the mixture into 1-inch round **meatballs**.

3 Cook the pasta: Add the **pasta** to the boiling water and cook until tender, 9-10 min.

4 Sear the meatballs: Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **meatballs**. Cook, turning the meatballs occasionally, until golden-brown on all sides, 3-4 min. Transfer the meatballs to a plate. (It's okay if the meatballs are not fully cooked through at this step!)

2



5 Cook the mushrooms: Add a drizzle of **oil** to the same pan, then the **onions** and **mushrooms**. Cook until the mushrooms are golden, 5-6 min.

6 Reserve 1 cup pasta water (double for 4 people) from the **pasta**. Drain the pasta and rinse under cold water to keep them from sticking.

7 Add the butter, sour cream, broth concentrates and **reserved pasta water** to the veggies. Add the **meatballs**. Cover with a lid and simmer until the sauce thickens and the meatballs are cooked through, 9-10 min. (**TIP:** Cut a meatball open to make sure it's no longer pink inside!) Season with **salt** and **pepper**.

8 Finish and serve: Divide the **pasta** between bowls and top with the **Swedish meatballs**. Sprinkle with **parsley** and enjoy!

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