



## Creamy Swedish Plant-Based Meatballs

with Egg Noodles & Cranberry Relish



30-40min



2 Servings

What makes a meatball Swedish? Like any traditional food, recipes vary from cook to cook, but a few key characteristics generally remain the same. First, Swedish meatballs are small, often cocktail-size. And second, they are cooked in a rich, creamy, broth-based sauce. Serving the meatballs over egg noodles isn't mandatory, but it does make for an especially delicious dinner duo, since they soak up every bit of the gravy.



## What we send

- 1 shallot
- 2 (1 oz) dried cranberries
- 1 pkt vegetable broth concentrate
- 3 oz mascarpone <sup>7</sup>
- 1 oz panko <sup>1</sup>
- ½ lb pkg Impossible patties <sup>6</sup>
- ¼ oz fresh dill
- 6 oz egg noodles <sup>1,3</sup>
- 5 oz peas

## What you need

- kosher salt & pepper
- sugar
- all-purpose flour <sup>1</sup>
- olive oil
- 1 large egg <sup>3</sup>
- butter <sup>7</sup>

## Tools

- medium pot
- medium nonstick skillet
- colander

## Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 1150kcal, Fat 66g, Carbs  
110g, Protein 39g



### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Halve and finely chop **½ cup shallot**.

In a medium bowl, combine **cranberries, ½ cup water, 1 tablespoon sugar**, and a **pinch each of salt and pepper**.

In another medium bowl, whisk to combine **broth concentrate, mascarpone, 1 cup water**, and **1 tablespoon flour**.



### 4. Add sauce

Remove from heat; tilt the skillet and spoon off and discard as much fat as possible. Return pan to medium-high, then add **mascarpone** mixture.

Bring **sauce** to a simmer and continue to cook, basting meatballs with a spoon, until sauce is reduced and **meatballs** are cooked through, 6-8 minutes.



### 2. Cook cranberry relish

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **half of the chopped shallots**; cook until softened, about 2 minutes.

Add **cranberry mixture**, bring to a simmer, and cook until thick, jammy, and reduced to ½ cup, 5-7 minutes. Coarsely mash cranberries with a fork; return to same bowl and cover to keep warm. Rinse and dry skillet.



### 5. Cook noodles

While **sauce** simmers, roughly chop **dill**. 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 2 minutes more. Drain. Return peas and noodles to pot and stir in **2 tablespoons butter** and **half of the chopped dill**.



### 3. Cook plant meatballs

In another medium bowl, combine **panko, remaining chopped shallots, 1 large egg, ¾ teaspoon salt**, and **¼ teaspoon pepper**.

Add **Impossible patties**, and gently knead or stir to combine. Form mixture into 10 meatballs. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add meatballs and cook, turning once or twice, until browned but not cooked through, 6-8 minutes.



### 6. Serve

Spoon **noodles** into shallow bowls and top with **meatballs** and **sauce**. Garnish with **remaining dill**, and serve with **cranberry relish** alongside. Enjoy!