

# DINNERLY



## No Chop! Swedish Chicken Meatballs with Egg Noodles, Peas & Gravy



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make these Swedish meatballs with egg noodles? Personally, we'd choose B. This dish requires absolutely no prepwork—just stir the sauce together, make the meatballs, and cook it all together. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

## WHAT WE SEND

- 6 oz egg noodles <sup>1,3</sup>
- 5 oz peas
- 1 pkt turkey broth concentrate
- 1 pkt Dijon mustard
- 1 oz panko <sup>3</sup>
- ¼ oz all-purpose spice blend
- 2 (1 oz) sour cream <sup>2</sup>
- 10 oz pkg ground chicken

## WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- butter <sup>2</sup>
- all-purpose flour <sup>3</sup>

## TOOLS

- large pot
- large nonstick skillet

## ALLERGENS

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

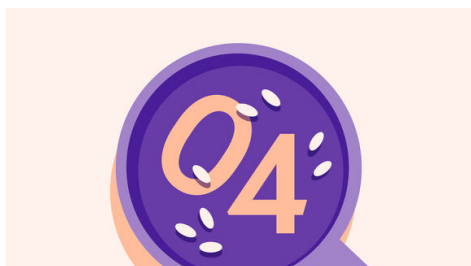
## NUTRITION PER SERVING

Calories 850kcal, Fat 33g, Carbs 85g, Protein 51g



### 1. Cook pasta & peas

Bring a large pot of **salted water** to a boil over high. Add **pasta** and cook, stirring occasionally to avoid clumping, about 6 minutes. Add **peas**; cook until peas are tender and pasta is al dente, about 2 minutes more. Drain and return to pot with **2 tablespoons butter**. Cover to keep warm off heat until ready to serve.



### 4. Finish & serve

To skillet with meatballs, add **sauce mixture**; bring to a simmer. Reduce heat to medium and cook, stirring often, until sauce is thick enough to coat the back of a spoon, 3–5 minutes. Stir in **all of the sour cream** and season to taste with **salt** and **pepper**.

Serve **noodles and peas** topped with **Swedish meatballs** and **gravy**. Enjoy!



### 2. Mix sauce & meatballs

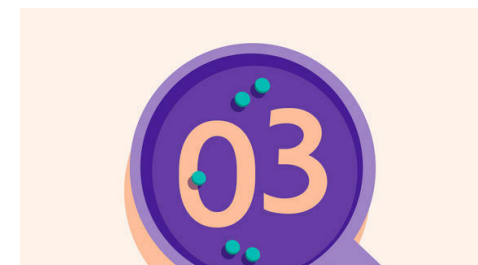
While **pasta** and **peas** cook, in a liquid measuring cup, stir to combine **turkey broth concentrate**, **Dijon**, **1 cup water**, and **1 tablespoon flour**.

In a medium bowl, add **chicken**, **¼ cup panko**, **2 teaspoons all-purpose seasoning**, **1 large egg**, **several grinds of pepper**, and **½ teaspoon salt**. Knead gently to combine. Shape into 8 meatballs.



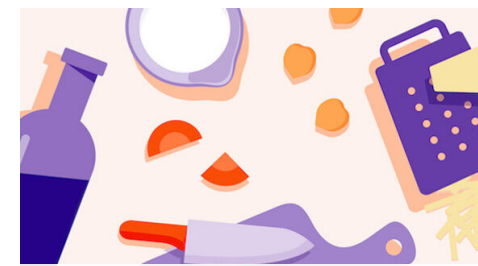
### 5. ...

What were you expecting, more steps?



### 3. Cook meatballs

Melt **1 tablespoon butter** in a large nonstick skillet over medium-high. Add **meatballs** and cook, turning occasionally, until just cooked through, 12–16 minutes.



### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!