



Swedish Ready to Heat Meatballs

over Garlic Mashed Potatoes



30-40min



2 Servings

Italian-style meatballs get a lot of the meatball spotlight, but we think sweet and sour meatballs deserve their own bit of recognition. The tangy brown sauce includes sweet apricot preserves as well as beef broth for a savory flavor. It's draped over the top of the ready-to-heat meatballs and a bed of garlic mashed potatoes, making this a pretty perfect plate.

What we send

- garlic
- 12 oz Yukon gold potatoes
- ½ lb pkg ready to heat beef meatballs ^{1,2,3,4}
- 1 pkt beef broth concentrate
- 2 (½ oz) apricot preserves
- ¼ oz cornstarch
- 5 oz peas

What you need

- kosher salt & ground pepper
- sugar
- butter ²
- neutral oil
- red wine vinegar

Tools

- medium saucepan
- potato masher or fork
- medium nonstick skillet

Allergens

Egg (1), Milk (2), Soy (3), Wheat (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 33g, Carbs 69g,
Protein 24g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Peel **potatoes**, then cut into 1-inch pieces. Bring a medium saucepan of **salted water** to a boil; cover to keep warm over low heat until step 3.



2. Make sauce

In a measuring cup or small bowl, combine **beef broth concentrate**, **all of the apricot preserves**, **1 cup water**, **2 tablespoons vinegar**, and **1½ teaspoons each of cornstarch and sugar**. Reserve for step 5.



3. Cook mashed potatoes

Add **potatoes** and **1 teaspoon of the chopped garlic** to saucepan with boiling water; cook until tender, 7–9 minutes. Add **peas** and cook, 2 minutes. Reserve **3 tablespoons cooking water** then drain. Return potatoes, peas, and garlic to saucepan. Add **1 tablespoon butter** and coarsely mash. Add **1 tablespoon reserved cooking water** as needed to loosen. Cover to keep warm over low heat.



4. Brown meatballs

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **meatballs** (should sizzle vigorously) and cook, turning once or twice, until browned but not cooked through, 6–8 minutes. Remove from heat, then tilt skillet and spoon off as much **excess fat** as possible. Stir **remaining chopped garlic** into skillet. Cook over medium-high heat, about 1 minute.



5. Finish & serve

Add **reserved sauce** to skillet with **meatballs**. Simmer, turning meatballs occasionally in sauce, until **sauce** is thick and glossy, and meatballs are cooked through, 6–7 minutes. Season **gravy** and **garlic mashed potatoes** to taste with **salt** and **pepper**. Spoon **meatballs and gravy** over **garlic mashed potatoes** and serve. Enjoy!



6. Rate your plate!

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