



Swedish 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 meatballs and a bed of garlic mashed potatoes, making this a pretty perfect plate.

What we send

- garlic
- 2 Yukon gold potatoes
- 1 oz panko ¹
- 10 oz pkg grass-fed ground beef
- 1 pkt beef broth concentrate
- 2 (½ oz) apricot preserves
- ¼ oz cornstarch
- 5 oz peas

What you need

- kosher salt & ground pepper
- 1 large egg ³
- sugar
- butter ⁷
- neutral oil
- red wine vinegar

Tools

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

Allergens

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

Nutrition per serving

Calories 770kcal, Fat 31g, Carbs 78g, Protein 40g



1. Prep ingredients

Finely chop **1 tablespoon 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 4.



2. Prep meatballs

In a medium bowl, combine **1 large egg**, **¼ cup panko**, **1 teaspoon of the chopped garlic**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Let sit for 5 minutes for panko to absorb the egg. Add **beef** and knead or stir to combine. Using slightly moistened hands, form mixture into 10 equal-sized meatballs. Set aside until step 5.



3. 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 6.



4. 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.



5. 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.



6. 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!