

DINNERLY



Sweet & Sour Swedish Meatballs with Egg Noodles



20-30min



2 Servings

We don't know about you, but the #1 reason we go to Ikea is for the Swedish meatballs (definitely not for the joys of battling a piece of flat-packed furniture). If like us, you have a special place in your stomach for them, we think you're gonna love this dish. Our kicked up meatballs are made of ground beef, draped in a velvety sweet and sour sauce and then served on a bed of egg noodles. We've got you covered!

WHAT WE SEND

- garlic (use 2 large cloves)
- 2 (½ oz) apricot preserves
- 2 oz panko (use ¼ cup) ^{1,6}
- 10 oz ground beef
- ½ lb egg noodles (use ¾) ^{1,3}
- 5 oz peas

WHAT YOU NEED

- kosher salt & ground pepper
- balsamic vinegar (or red wine vinegar)
- sugar
- all-purpose flour ¹
- 1 large egg ³
- butter ⁷
- neutral oil

TOOLS

- large saucepan
- medium skillet

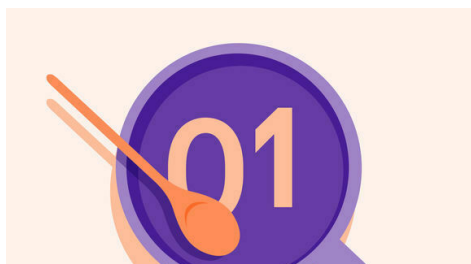
ALLERGENS

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 1020kcal, Fat 49g, Carbs 102g, Proteins 45g



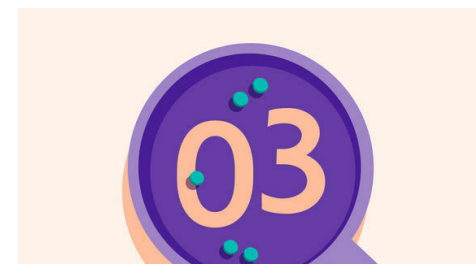
1. Prep ingredients & sauce

Bring a large saucepan of **salted water** to a boil. Cover and keep warm until step 4. Finely chop **2 large garlic cloves**. In a small bowl, whisk **apricot preserves**, **2 tablespoons vinegar**, **¾ cup water**, **1½ teaspoons each of sugar and flour**, and a **pinch each of salt and pepper**.



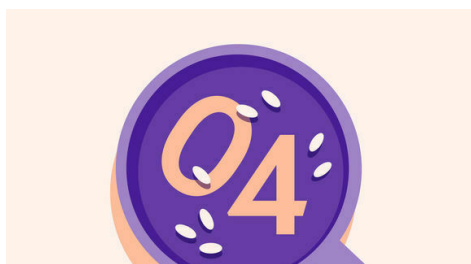
2. Prep meatballs

In a medium bowl, combine **¼ cup panko**, **half of the chopped garlic**, **1 large egg**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Let sit 5 minutes for panko to absorb the egg. Add **beef** and knead or stir to combine. Using slightly moistened hands, form mixture into 8 equal-sized meatballs.



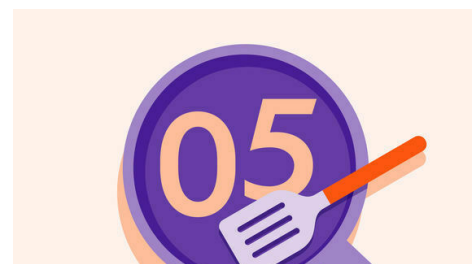
3. Cook noodles & peas

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 together, about 1 minute more. Drain noodles and peas, and return to pot. Stir in **1 tablespoon butter**. Cover to keep warm off heat.



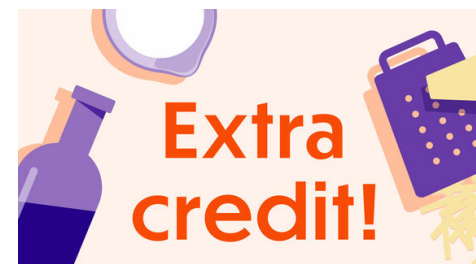
4. Cook meatballs

Dust **meatballs** lightly with **flour**, tapping off excess. In a medium skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add meatballs and cook turning once or twice, until browned but not cooked through, 6–8 minutes. Remove from heat, tilt the skillet and spoon off and discard as much excess fat as possible.



5. Finish & serve

Stir **remaining chopped garlic** into same skillet with **meatballs** and cook until fragrant, about 1 minute. Add **sauce mixture** and season lightly with **salt** and **pepper**. Cook over medium-high heat, turning meatballs in sauce until meatballs are cooked through and sauce is thick and glossy, 2–3 minutes. Serve **meatballs** and **sauce** over **noodles**. Enjoy!



6. Do it ahead!

Get a head start on dinner by prepping the meatballs in step 2 and leaving them in an airtight container in the fridge until you're ready to make dinner!