

Swedish Meatballs & Mushroom Gravy

with Mashed Potatoes & Lingonberry Jam

Swedish meatballs are a beloved mainstay of Scandinavian home cooking. Here, we're simmering them with cooked mushrooms and kale in a creamy gravy. And we're serving them with a traditional accompaniment: lingonberry jam. Its bright, sweet flavor is a fantastic counterpoint to the richness of the gravy as well as the savory, aromatic spices—including ground fennel and caraway seeds—in our meatballs.

Blue Apron Wine Pairings

Fabre Minervois, 2015

Fabre Fitou Red, 2015

Rock Point Cabernet Sauvignon, 2013



Ingredients

1½ Pounds Ground Pork
¾ Cup Milk
6 Ounces Cremini Mushrooms
4 Cloves Garlic
2 Russet Potatoes
1 Bunch Lacinato Kale

Knick Knacks

3 Tablespoons All-Purpose Flour
2 Tablespoons Butter
¼ Cup Lingonberry Jam
¼ Cup Panko Breadcrumbs
1 Tablespoon Swedish Meatball Spice Blend

(Garlic Powder, Onion Powder, Ground Black Pepper, Ground Fennel Seeds, Dried Parsley Flakes, Ground Nutmeg & Ground Caraway Seeds)

Makes: 4 servings

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp403

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Large dice the potatoes. Peel the garlic. Finely chop 1 garlic clove; using the flat side of your knife, smash until it resembles a paste (or use a zester). Finely chop the remaining garlic cloves. Thinly slice the mushrooms. Remove and discard the kale stems; roughly chop the leaves.

2



Cook & mash the potatoes:

Add the **potatoes** to the pot of boiling water and cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **butter**. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Drizzle with olive oil and set aside in a warm place.

3



Form & brown the meatballs:

While the potatoes cook, in a large bowl, combine the **ground pork** (removing and discarding the paper lining from the bottom), **breadcrumbs**, **chopped garlic** and **as much of the spice blend as you'd like**; season with salt and pepper. Gently mix until just combined. Using your hands, form the mixture into 18 to 20 equal-sized meatballs; transfer to a plate. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the meatballs and cook, turning occasionally, 4 to 6 minutes, or until browned on all sides. Leaving any browned bits (or fond) in the pan, transfer to a plate.

4



Make the mushroom gravy:

Add the **mushrooms** to the pan of reserved fond. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring occasionally, 6 to 8 minutes, or until browned and slightly softened; season with salt and pepper. Add the **garlic paste**, **flour** and **1 tablespoon of olive oil**; cook, stirring constantly, 30 seconds to 1 minute, or until golden brown and fragrant. Slowly whisk in the **milk** and **½ cup of water** (be careful, as the liquid may splatter); cook, stirring frequently and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until thickened. Season with salt and pepper to taste.

5



Add the kale & meatballs:

Add the **kale** and **½ cup of water** to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale has wilted. Add the **browned meatballs** and cook, stirring occasionally, 3 to 5 minutes, or until thoroughly coated and cooked through. Remove from heat. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **mashed potatoes** between 4 dishes. Top with the **cooked meatballs, kale and mushroom gravy**. Garnish with the **lingonberry jam**. Enjoy!