



Cooking Made Easy

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## Swedish Meatballs over Egg Noodles & Portobellos



Sorry Italians, but the Swedes may have won the meatball battle. These traditional Swedish meatballs are spiced with warm allspice and nutmeg, then tossed with rich egg noodles and mushroom cream sauce. Baking the meatballs in the oven lightens up this comfort food classic!

40 min

level 1

nut free



Ground Beef



Allspice



Panko



Egg Noodles



Portobello Mushrooms



Parsley



Onion



Garlic



Sour Cream



Stock Concentrate



Nutmeg

Ingredients	2 People	4 People
Ground Beef	8 oz	16 oz
Egg Noodles	1) 3)	6 oz
Portobello Mushrooms		4 oz
Sour Cream	2)	4 T
Onion		1
Garlic		2 cloves
Parsley		1 bunch
Panko	1)	¼ C
Allspice		¼ t
Nutmeg		¼ t
Stock Concentrate		1
Vegetable Oil*		1 T
Butter*	2)	½ T

\*Not Included

**Allergens**

- 1) Wheat
- 2) Milk
- 3) Eggs

**Tools**

Medium Pot, Medium Bowl, Large Pan, Baking Sheet, Strainer, Grater

Ruler

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**Nutrition per person** Calories: 813 cal | Carbs: 84 g | Fat: 33 g | Protein: 41 g | Fiber: 6 g



**1** Preheat oven to 400 degrees. Bring a medium pot of **water** to a boil with a large pinch of **salt**. Halve, peel, and thinly slice **half the onion**. Mince the **garlic** and **parsley**. Thinly slice the **mushrooms**.



**2** Grate **half the remaining onion** into a medium bowl. Then, mix in the **ground beef, panko, ¼ teaspoon nutmeg, ¼ teaspoon allspice, half the garlic, and half the parsley**. Season with a large pinch **salt** and **pepper**. Roll into meatballs about 1-inch in diameter.

**3** Place meatballs on one side of a baking sheet. On the other side, toss **mushrooms** with 1 tablespoon **oil** and season with **salt** and **pepper**. Place in the oven for 15-20 minutes, until meatballs are cooked through and mushrooms are browned.



**4** Meanwhile, add the **egg noodles** to the **boiling water** and cook for 8-10 minutes, until al dente.

**5** While the noodles cook, heat ½ tablespoon **butter** in a large pan over medium heat. Add the **sliced onion** and cook, tossing, for about 5 minutes, until softened. Add the **remaining garlic** and cook for 30 seconds, until fragrant. Add **stock concentrate** and ½ cup **water**. Simmer until reduced by half. Stir in the **sour cream** and cook for 2 more minutes, until sauce has thickened slightly.



**6** Once the noodles are ready, drain, reserving ¼ cup **pasta water**. Add **egg noodles, meatballs, and roasted mushrooms** to the pan. Toss until combined. Add a splash of **pasta water** if the sauce becomes too thick. Taste and season with **salt** and **pepper**.

**7** Serve with a sprinkle of remaining **parsley** and enjoy!