



FIT FAST COOK

HOMEMADE IS HEALTHY

Swedish Meat Balls



Serves	Prep Time	Cooking	Total Time	Calories
4 people				513 kcal

Stuff that's in it:

- 1 Egg
- 500G Pork Mince (8% Fat)
- 1 Brown Onion (Chopped)
- 30G Breadcrumbs ((Dried))
- 50Ml Double Cream ((Or Single))
- Pinch Of Ground Nutmeg
- Salt And Pepper
- 1 Tbsp Rapeseed Oil
-
- For The Sauce:
- Xxx Xxx (Xxx)
- 1 Tbsp Cream
- 300Ml Water
- 1 Really Rich Knor Beef Stock Cube
- 1 Tbsp Plain Flour
- 1 Tsp Red Currant Jelly ((Or Other Sweet Red Jelly))
- 50Ml Alcohol Free Red Wine

What you do:

Perl your spuds and boil until soft, then mash when ready to serve.

Chuck your onions in a small pan and gently sweat for around 5 minutes until soft, allow to cool slightly, add them to a small food processor until blitzed.

Add the egg, mince beef, cream and Brad crumbs to a large metal bowl or mixing bowl, add seasoning, mix well with a spatula to combine then roll into small balls, I made 31.

Pop into fridge for 10.

In a large heavy fry pan, add the oil, get the pan hot and add the meat balls, fry all over on a low heat for around 8-10 mins, remove from pan.

Add flour to the pan and scrape the bottom, gently whisk in the stock and then the wine, bring to boil and reduce slightly, add the jelly and stir through.

Heat the peas, serve with the mash and a blob of jelly and some gravy.

Nutrition

- Carbs: 53g
- Fat: 18g
- Protein: 36g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com