



# UCOOK

## Swedish Beef Meatballs & Lemon Broc

with a creamy dill sauce

Smothered in a creamy chicken stock & dill sauce, these meatballs will get the approval of any Swedish grandmother. Our take on this favourite Swedish staple comes with charred lemon-infused broccoli and a radish & greens salad to contrast the richness. Smaklig måltid, Chef!

---

**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes


---

**Serves:** 1 Person

---

**Chef:** Rhea Hsu

---

 Carb Conscious

---

 Waterford Estate | Range Grenache Noir 2019

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

150g	Free-range Beef Mince
1	Onion <i>½ peeled &amp; finely diced</i>
5ml	Cornflour
125g	Button Mushrooms <i>cut into quarters</i>
40ml	Fresh Cream
5ml	Chicken Stock
4g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed &amp; thinly sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. ON A ROLL** Boil the kettle. In a bowl, combine the mince, a ¼ of the diced onion, and seasoning. Roll into 4-5 meatballs.

**2. PREP STEP** In a small bowl, loosen the cornflour with 1 tsp of warm water. Set aside. Dilute the stock with 50ml of boiling water.

**3. FRY THE FLAVOURBOMBS** Place a pan over medium heat with a drizzle of oil. When hot, add the meatballs and fry for 2-3 minutes until browned but not cooked through, shifting as they colour. Add the quartered mushrooms and the remaining onion. Fry for 2-3 minutes until the onion is soft, shifting occasionally.

**4. DILL-ICIOUS** When the onion is soft, add the cream and the diluted stock to the pan. Reduce the heat and simmer for 8-10 minutes until slightly reduced. In the final 1-2 minutes, add the loosened cornflour. Remove from the heat, add the chopped dill and season.

**5. ROCK THAT BROCC** While the sauce is reducing, place a pan over medium-high heat with a drizzle of oil. When hot, add the broccoli pieces and fry for 5-6 minutes until charred, shifting occasionally. In the final 1-2 minutes, squeeze over some lemon juice and add the lemon zest. Season to taste.

**6. A FRESH TAKE** In a bowl, combine the rinsed salad leaves, the sliced radish, seasoning, and a drizzle of oil.

**7. A SWEDISH TASTE SENSATION** Plate up the charred broccoli. Side with the meatballs doused in the creamy sauce. Serve with the fresh salad. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	485kJ
Energy	116kcal
Protein	6.2g
Carbs	5g
of which sugars	1.8g
Fibre	1.6g
Fat	7.7g
of which saturated	3.5g
Sodium	110mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days