



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: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

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

600g	Free-range Beef Mince
2	Onions <i>peeled & finely diced</i>
20ml	Cornflour
500g	Button Mushrooms <i>cut into quarters</i>
160ml	Fresh Cream
20ml	Chicken Stock
15g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
400g	Broccoli Florets <i>cut into bite-sized pieces</i>
2	Lemons <i>zested & cut into wedges</i>
80g	Salad Leaves <i>rinsed</i>
80g	Radish <i>rinsed & 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 per portion.

2. PREP STEP In a small bowl, loosen the cornflour with 4 tsp of warm water. Set aside. Dilute the stock with 160ml of boiling water.

3. FRY THE FLAVOURBOMBS Place a large 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 3-4 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 12-15 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 6-7 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