



UCOOK

Swedish Beef Meatballs & Lemon Broccoli

with a creamy dill sauce

Smothered in a creamy chicken stock & dill sauce, these meatballs will get the approval of the whole family. Our take on this favourite Swedish staple comes with charred lemon-infused broccoli and a radish 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

 Painted Wolf Wines | The Den Pinotage 2022

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Ingredients & Prep

600g	Free-range Beef Mince
2	Onions <i>peel & finely dice</i>
20ml	Cornflour
20ml	Chicken Stock
250g	Button Mushrooms <i>wipe clean & cut into quarters</i>
160ml	Fresh Cream
10g	Fresh Dill <i>rinse, pick & roughly chop</i>
400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
60ml	Lemon Juice
80g	Salad Leaves <i>rinse</i>
80g	Radish <i>rinse & thinly slice</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 $\frac{1}{4}$ 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 pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned but not cooked through, 2-3 minutes (shifting as they colour). Add the quartered mushrooms and the remaining onion. Fry until the onion is soft, 3-4 minutes (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 until slightly reduced, 12-15 minutes. 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, fry the broccoli pieces until charred, 6-7 minutes (shifting occasionally). In the final 1-2 minutes, add the lemon juice and season.

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	538kJ
Energy	129kcal
Protein	6.9g
Carbs	5g
of which sugars	1.7g
Fibre	1.4g
Fat	9g
of which saturated	4.1g
Sodium	127mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days