



# 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:** 15 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Rhea Hsu

---

 Carb Conscious

---

 Painted Wolf Wines | The Den Pinotage 2022

---

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>peel &amp; finely dice ½</i>
5ml	Cornflour
5ml	Chicken Stock
65g	Button Mushrooms <i>wipe clean &amp; cut into quarters</i>
40ml	Fresh Cream
3g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
100g	Broccoli Florets <i>rinse &amp; cut into bite-sized pieces</i>
15ml	Lemon Juice
20g	Salad Leaves <i>rinse</i>
20g	Radish <i>rinse &amp; 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 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, 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, 2-3 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, 8-10 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, 5-6 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