

Name of Food	Ingredients	Method
Classic Swedish meatballs	<ul style="list-style-type: none"> • 400g lean pork mince • 1 egg, beaten • 1 small onion, finely chopped or grated • 85g fresh white breadcrumbs • 1 tbsp finely chopped dill, plus extra to serve • 1 tbsp each olive oil and butter • 2 tbsp plain flour • 400ml hot beef stock (from a cube is fine) 	<ol style="list-style-type: none"> 1. In a bowl, mix the mince with the egg, onion, breadcrumbs, dill and seasoning. Form into small meatballs about the size of walnuts – you should get about 20. 2. Heat the olive oil in a large non-stick frying pan and brown the meatballs. You may have to do this in 2 batches. Remove from pan, melt the butter, then sprinkle over the flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and heat through. Sprinkle with dill and serve with cranberry jelly, greens and mash.