

MasterFoods™

PROFESSIONAL

Swedish Meatballs with Spiced Cauliflower Rice
RECIPE

Swedish Meatballs with Spiced Cauliflower Rice



<?xml version="1.0"?>

TIME

40

INGREDIENTS

22 items

MAKES

6 servings

An alternative to Italian tomato-based meatballs, this is a great savoury-sweet dish that can be served with a variety of root vegetable mashes and different styles of pickles.

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INGREDIENTS

For The Meatballs

- 75 g Breadcrumbs
- 75 ml Milk
- 300 g Beef Mince
- 300 g Pork Mince
- 1 tsp. MasterFoods™ Professional Ground All Spice
- 2 tsp. MasterFoods™ Professional All-Purpose Seasoning
- Generous handful of soft herbs, flat Leaf Parsley, Chives, Dill, roughly chopped
- 1 large Egg, lightly beaten
- 2 tbsp. Olive Oil

For The Sauce

- 1 tbsp. Butter
- 1 tbs. Plain Flour
- 300 ml Beef Stock
- 60 ml Double Cream
- tbs. MasterFoods™ Professional Dijon Mustard
- 1 tsp. MasterFoods™ Professional All-Purpose Seasoning
- 2 tbsp. Lingonberry Jam

For The Cauliflower Rice

- 600 g Cauliflower Rice
- ½ tbsp. MasterFoods™ Professional Ground Cumin
- ½ tbsp. MasterFoods™ Professional Ground Paprika
- Fresh Cucumber, shaved into ribbons, to serve
- Fermented Red Cabbage or Sauerkraut, to serve
- Fresh Dill, to garnish

PRODUCTS USED



MasterFoods Professional Dijon Mustard 21kg

[SEE DETAILS](#)

Cooking Instructions:

- 1
To make the meatballs, combine breadcrumbs and milk in a large mixing bowl and let sit for 5 minutes to allow the milk to be absorbed.
- 2
Add the remaining ingredients and mix until well combined. Roll into small golf ball sized balls (this should make about 30) and place onto a roasting sheet tray lined with baking paper. Cover with cling wrap and chill for at least an hour to firm up.
- 3
Heat the oil in a shallow frying pan over medium heat. Cook the meatballs in batches for 10 to 15 minutes, or until golden all over. Remove meatballs from pan and set aside until needed.
- 4
Add flour and butter to the pan and cook for 1 minute. Gradually whisk in the stock, ensuring there are no lumps.
- 5
Add the all-purpose seasoning, Dijon mustard, jam, cream, and bring to a boil. Reduce to a low heat and return the meatballs to the pan.
- 6
Meanwhile, for the cauliflower rice, heat another frying pan over a medium heat. Add the cauliflower rice and spices and toast for 5 minutes, or until the rice takes on a golden nutty colour.
- 7
Serve the meatballs on the cauliflower rice and garnish with cucumber ribbons, fermented red cabbage, and fresh dill fronds.

Tips:

- 1
Replace the meat with plant-based mince to make vegetarian meatballs.
- 2
Serve with a creamy potato mash swirled with MasterFoods™ Professional Seeded Mustard for a heartier meal.
- 3
Add a sprinkling of MasterFoods™ Professional Chilli Flakes to the meatballs for added heat.

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[Choc-Berry Bircher Muesli](#)

Cooking time

10 min

Ingredients

11 items

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[Shredded Barbecue Chicken Pancakes](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[Gua Bao Buns](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[New York Inspired Tagliatelle Pasta](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)

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