

Swedish Meatballs with Spiced Cauliflower Rice
RECIPE

Swedish Meatballs with Spiced Cauliflower Rice



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.

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

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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