

Swedish Meatballs



Serves 4 Prep 15 mins

Cooking 15 mins

Easy

Ingredients

1 slice bread, crusts removed
4 tbsp milk
25g butter
1 small onion, finely chopped
450g pork mince
1/2 tsp ground allspice
1 egg, beaten
2 tbsp olive oil
3 tbsp cranberry sauce or redcurrant jelly
150ml hot vegetable stock
3 tbsp red wine
salt & pepper
mashed potatoes to serve

1. Whizz the bread to fine crumbs in a food processor; put in a bowl with the milk.
2. Heat the butter in a pan. Fry the onion for 5-7 mins until golden; cool slightly. Put the pork, allspice, egg, onion, salt & pepper in a bowl; mix well. Using your hands, work in the bread; shape 20 balls.
3. Heat the oil in a frying pan and cook the meatballs, turning occasionally, for 7-10 mins. Transfer to a plate; keep warm.
4. Stir the cranberry sauce or redcurrant jelly into the pan juices. Add the stock and wine; let it bubble for a few minutes to reduce and thicken. Serve the meatballs on mash with a green vegetable such as broccoli.