



SWEDISH  
MEATBALLS

**Pork & Beef  
Meatballs**



Contains Gluten &  
Dairy

**Mashed  
Potatoes**



Contains Dairy

**Lingonberry  
Jam**



**Broccolini**



**Gravy**



Contains Dairy

- STEP 1** Preheat oven to 425°F (400°F for convection oven). Remove lid from meatballs and place onto a parchment lined or greased sheet pan. Place broccolini alongside meatballs. Optional: drizzle broccolini with oil and your favorite seasonings. Place in hot oven for 10-15 minutes or until the meatballs reach an internal temperature of 145°F and broccolini is hot.
- STEP 2** Transfer mashed potatoes to microwave safe dish and heat for 1-2 minutes, stirring as needed. \*If you prefer creamier mashed potato's add a splash of milk and stir in if needed\*
- STEP 3** Transfer meatball gravy to a microwave safe dish and heat for 15-30 seconds.
- STEP 4** To plate your meal, drizzle gravy over meatballs & place meatballs on top of mashed potatoes alongside broccolini. Serve with jam.