

IKEA Meatballs

ingredients:

- 1 lb beef mince
- ½ lb pork mince
- 1 onion finely chopped
- 1 clove of garlic (crushed or minced)
- 4 oz breadcrumbs
- 1 egg
- 5 tablespoons of whole milk
- salt and pepper to taste

ICONIC SWEDISH CREAM SAUCE

- dash of oil
- 4 oz butter
- 1 ¼ oz plain flour
- 6 oz vegetable stock
- 6 oz beef stock
- 6 oz thick double cream
- 2 teaspoons soy sauce
- 1 teaspoon Dijon mustard

directions:

Meatballs

- Combine beef and pork mince and mix thoroughly to break up any lumps. Add finely chopped onion, garlic, breadcrumbs, egg and mix. - - Add milk and season well with salt and pepper.
- Shape mixture into small, round balls. Place on a clean plate, cover and store in the fridge for 2 hours (to help them hold their shape whilst cooking).
- In a frying pan, heat oil on medium heat. When hot, gently add your meatballs and brown on all sides.
- When browned, add to an ovenproof dish and cover. Place in a hot oven 355°F and cook for a further 30 minutes.

Swedish cream sauce

- In a frying pan, melt butter. Whisk in flour and continue cooking, stirring continuously, for 2 minutes, allowing the flour to cook through.
- Add vegetable stock and beef stock and continue to stir.
- Add thick double cream, 2 teaspoons of soy sauce and 1 teaspoon of Dijon mustard.
- Bring to a simmer and allow the sauce to thicken. Continue to stir.
- When ready to eat, serve with your favourite potatoes – either creamy mash or mini new boiled potatoes. Enjoy!

Recipe courtesy [IKEA](#)