



HOME CHEF

Swedish Turkey Meatballs

With Egg Noodles, Peas, and Cranberry Sauce



It's a universally accepted truth that Swedish meatballs are the bomb. But before you rush off to the nearest Swedish furniture megastore to get your meatball fix, try this super easy dish you can make at home. Turkey meatballs are seared before braising in a creamy sauce. They're then served over a bed of springy egg noodles, topped with peas, and paired with a side of tart and sweet cranberry sauce.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

DIETARY



NUT-FREE

NUTRITION

Calories: 794
Carbohydrates: 104g
Fat: 30g
Protein: 56g
Sodium: 985mg
per serving

DRINK PAIRING

The Swedes love their alcohol, so join the club here. If you don't have aquavit (a caraway-and-dill flavored spirit) on hand, a pear or apple cider will do the trick just fine.

INGREDIENTS

1 Yellow Onion
5 oz. Frozen Peas
.4 oz. Minor's Demi-Glace Base, Gluten-Free
.1 oz. Cornstarch
10 oz. Ground Turkey
1 oz. Panko Breadcrumbs
1 oz. Liquid Egg
¼ oz. Swedish Meatball Seasoning
5 oz. Egg Noodles
8 oz. Evaporated Milk, Canned
4 oz. Whole Berry Cranberry Sauce, Canned

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

2 Mixing Bowls
Large Pan

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Prepare the Ingredients

Peel and slice **onion** into thin strips (julienne). Rinse **peas**. Combine **demi glace base**, **cornstarch**, and 1½ cups of cold **water** in a small mixing bowl.



Make the Meatballs

Combine **ground turkey**, **breadcrumbs**, **liquid egg**, **half the Swedish meatball seasoning** (reserve remaining for sauce), and ½ tsp. **salt** in a bowl. Shape 1½” **meatballs** (12-15 total) from the **turkey mixture**, place on a plate, and set aside.

Traditionally made with beef, the delicate flavor of ground turkey used here lets the meatball seasonings shine through, all while reducing fat. Win-win!



Sear The Meatballs

Heat a large pan over medium-high heat and add 2 tsp. **olive oil**. Add **meatballs** and cook, turning frequently, until a dark brown crust forms on the outside, about 5-7 minutes. Transfer meatballs to plate and reserve. Meatballs will still be raw inside and will finish cooking in the sauce.



Cook The Onion

Place same pan back over medium-high heat and add **sliced onions** to **drippings** left over from cooking the meatballs. Cook for 5-7 minutes, stirring occasionally, or until onions are golden brown. Season with a pinch of **salt and pepper**.



Add the Noodles, Milk, and Meatballs

Keep pan over medium-high heat and add **egg noodles**, **evaporated milk**, **remaining meatball seasoning**, and **demi glace-cornstarch slurry** to pan and stir. Nestle **meatballs** into noodles and cover pan with a lid or foil. Cook for 8-10 minutes, stirring occasionally, or until meatballs are thoroughly cooked to 165 degrees. Add 2 Tbsp. of **water** if mixture appears dry. If mixture appears too wet, just cook a bit longer, as sauce will thicken. Season to taste with **salt and pepper**. Sprinkle **peas** on top of pan to warm throughout.



Plate the Dish

Scoop a serving of **noodles** onto a plate and arrange **meatballs** on top. Serve **cranberry sauce** on the side or right over the meatballs. Traditionally served with lingonberry sauce, we use cranberry sauce to bump-up your Holiday spirit (and flavor) into boss mode.