

swedish meatballs with mashed cauliflower

SERVES 1 • READY IN 30 MINUTES OR LESS

**Ingredients:**

- 1 portion ground beef
- ½ cup cooked steel cut oats (1 portion carbohydrates)
- 1 egg, scrambled (⅓ portion protein)
- ⅛ tsp salt
- 1 tsp olive oil
- 2 tbsp IP mushroom soup mix, divided
- ¼ cup fat free chicken stock

Cauliflower Mash:

- 2 cups cauliflower florets
- ⅛ tsp salt
- 2 tbsp (1 oz) cream (1 portion fat)
- 1 tbsp parsley leaves, chopped (optional)

Place 1” of water in a saucepan. Add in cauliflower florets, cover with a lid and steam until tender and can be pierced with a fork. Drain.

Preheat oven to 400F

As the cauliflower steams, mix ground beef, oats, cinnamon and salt together in a bowl. Form into golf ball shaped balls, packing them tightly. Bake meatballs on parchment paper lined baking sheet brushed with olive oil for 12-15min or until they are cooked through and internal temperature reaches 150F, taking care to remove them as they are fragile. Set aside.

While the meatballs bake, place cauliflower with salt and cream into food processor. Pulse until it resembles mashed potato. Drain water from saucepan the cauliflower was steaming in. Put cauliflower mash into the pan and stir in 1 tbsp mushroom soup mix. Stir to combine until warmed through. Put on plate.

Whisk remaining 1 tbsp mushroom soup mix with stock and warm up in small saucepan until thickened, about 1 min.

Serve meatballs on top of the cauliflower mash and top with mushroom sauce and optional parsley.