**Mustard glazed meatballs with kale chips and lingonberry chutney**Interactive version

**Ingredients**

<for 1 person>

* 1.25 - 1.5 big green kale leaves
* ⅛ tbsp extra virgin olive oil or melted coconut oil
* 1 tsp onion powder
* ⅛ tsp fine grain salt
* 5 pcs of KÖTTBULLAR meatballs
* ½ tbsp rapeseed oil

Lingonberry chutney:

* ½ red onions
* 12.5 g salted butter
* ¼ jar of SYLT LINGON lingonberry jam

Glaze

* ¼ dl honey
* ¼ coarse mustard
* ½ tbsp Dijon mustard
* ⅛ dl white or sherry vinegar
* Salt and pepper to taste

**Method**

Step 1

* C1 - Remove the stems, tear the kale leaves into 5 pieces, about 5-6 cm big p/pc, wash them and thoroughly dry, preferably in a spinner
* C2 - Preheat oven to 150℃ and peel and cut the red onions into small pieces
* C3 - Put all the ingredients for the glaze into a small pan and stir together over medium heat and let it cook for about 10 minutes until it thickens
* C4 - Put meatballs onto a prepared a baking sheet and toss with oil. Turn oven to 175℃.

Step 2

* C1 - Gently massage the kale with virgin olive oil or coconut oil in a large bowl and all leaves should be covered in oil (not soaked) and sprinkle the onion powder and salt to massage more
* C2 - When onions are nicely caramelized, add the lingonberry jam and let it come up to boil. Keep warm.
* C3 - Season the glaze with salt and pepper
* C4 - When meatballs are golden, pour over the glaze and and mix well. Turn oven to 250℃ and then roast in the oven for about 5-6 minutes until the glaze has caramelized. Stir 1-2 times while in the oven.

Step 3

* C1 - Spread a layer of kale onto a prepared baking sheet and bake for 10 minutes and rotate the pan to bake for another 12-15 minutes until it feels firm and crisp. Let them rest for some minutes to really crisp up. Repeat for the rest of the kale.
* C2 - Place the kale chips on a big tray or serving dish
* C3 - Serve lingonberry chutney and bunch of small forks and toothpicks.
* C4 - Put one meatball on every chip and serve.