



PORK MEATLOAF PARM

over Spaghetti Marinara

INGREDIENTS

2 PERSON | 4 PERSON



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



10 oz | 20 oz
Ground Pork



1 TBSP | 2 TBSP
Tuscan Heat
Spice



5 oz | 10 oz
Marinara Sauce



2 | 4
Veggie Stock
Concentrates



1 | 2
Tomato Paste



6 oz | 12 oz
Spaghetti
Contains: Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Ground Beef**

Calories: 1100



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 1050



HELLO

MEATLOAF PARM

Marinara sauce, Parmesan, and a crispy, cheesy panko crust take these pork meatloaves to the next level.

SPLISH SPLASH

Splash a little cold water on your hands before forming the meatloaves in step 2. The heat in your hands is what causes the mixture to stick; cooling your hands down will make the mixture hold on to itself rather than onto you.

BUST OUT

- Large pot
 - Small bowl
 - Large bowl
 - Baking sheet
 - Strainer
 - Kosher salt
 - Black pepper
 - Olive oil (4 tsp | 6 tsp)
 - Cooking oil (1 tsp | 1 tsp)
 - Sugar (1½ tsp | 3 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

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1 MIX PANKO

- Adjust rack to top position and preheat oven to 425 degrees. Bring a large pot of salted water to a boil.
- In a small bowl, combine panko, mozzarella, and a large drizzle of olive oil; season with salt and pepper.



2 FORM MEATLOAVES

- In a large bowl, combine pork*, half the panko mixture, half the Tuscan Heat Spice (you'll use the rest later), and 1 TBSP water (2 TBSP for 4 servings); season generously with salt (we used ½ tsp; 1 tsp for 4) and pepper.
- Form pork mixture into two 1-inch-tall loaves (four loaves for 4); flatten tops. Place on a lightly oiled baking sheet.

Swap in beef* for pork.



3 BAKE MEATLOAVES

- Evenly spread tops of meatloaves with 1 TBSP marinara each (you'll use the rest later). Mound with remaining panko mixture, pressing gently to adhere.
- Bake meatloaves on top rack until pork is cooked through and crust is browned and crispy, 22-28 minutes.



4 COOK PASTA

- Once water is boiling, add spaghetti to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve ¾ cup pasta cooking water (1½ cups for 4 servings), then drain.



5 MAKE SAUCE

- Heat pot used for pasta over medium-high heat. Add reserved pasta cooking water, tomato paste, stock concentrates, remaining marinara, remaining Tuscan Heat Spice, 2 tsp olive oil, ½ tsp salt, and 1½ tsp sugar (4 tsp olive oil, 1 tsp salt, and 3 tsp sugar for 4 servings).
- Bring to a boil, then reduce to a simmer. Cook until slightly thickened, 3-5 minutes.



6 FINISH & SERVE

- Stir drained spaghetti, half the Parmesan, and 1 TBSP butter (2 TBSP for 4 servings) into pot with sauce. Season generously with salt and pepper.
- Divide pasta between plates and top with meatloaves. (TIP: If you prefer, serve meatloaves on the side instead.) Sprinkle with remaining Parmesan and serve.

*Ground Pork is fully cooked when internal temperature reaches 160°.

*Ground Beef is fully cooked when internal temperature reaches 160°.