



# CREAMY CARAMELIZED ONION MEATLOAVES

with Sumac Roasted Carrots & Broccoli

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



8 oz | 16 oz  
Broccoli



10 oz | 20 oz  
Ground Beef\*\*



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Onion



¼ oz | ½ oz  
Parsley



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



1 | 2  
Chicken Stock  
Concentrate



1 tsp | 1 tsp  
Sumac



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*\*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

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



6 oz | 12 oz  
Green Beans  
Calories: 720



6 oz | 12 oz  
Asparagus  
Calories: 720



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 770



## HELLO

## SUMAC

This bright and tart Middle Eastern spice adds a lemony tang to roasted veggies.

## 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 on to you.

## BUST OUT

- Peeler
- Baking sheet
- Medium bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Olive oil (2 tsp | 2 tsp)
- Sugar (¾ tsp | 1½ tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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## 1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Cut **broccoli** into bite-size pieces if necessary.

- Trim **green beans** if necessary or trim and discard woody bottom ends from **asparagus**. (Save carrots for another use.)



## 2 FORM MEATLOAVES

- In a medium bowl (use a large bowl for 4 servings), gently combine **beef**, **panko**, **garlic powder**, **salt** (we used ¾ tsp; 1¼ tsp for 4), and **pepper**.
- Form into two 1-inch-tall loaves (**four loaves for 4**).



## 3 ROAST LOAVES & CARROTS

- Place **meatloaves** on one side of a **lightly oiled** baking sheet. **TIP: Line sheet with foil first for easier cleanup.**
- Toss **carrots** on empty side with a **large drizzle of olive oil**, **salt**, and **pepper**. (For 4 servings, use 2 baking sheets; roast meatloaves on middle rack and carrots on top rack.)
- Roast on top rack until meatloaves are cooked through and carrots are browned and tender, 22-25 minutes. **TIP: Love extra-crispy veggies? Once meatloaves are done, remove from sheet and continue roasting carrots for 2-3 minutes more.**

- Roast **meatloaves** for 8 minutes, then remove sheet from oven. Swap in **green beans** or **asparagus** for carrots; carefully toss as instructed. Roast until lightly browned and tender, 12-15 minutes more.



## 4 FINISH PREP & COOK VEGGIES

- While everything roasts, halve, peel, and thinly slice **onion**. Pick **parsley leaves** from stems; roughly chop leaves.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **broccoli** and a **pinch of salt**; cook, stirring occasionally, until softened and lightly browned, 5-7 minutes (**7-10 minutes for 4 servings**). Turn off heat; transfer to a plate. Wipe out pan.
- Add a **large drizzle of oil** to same pan over medium-high heat. Add **onion**; cook, stirring occasionally, until browned and softened, 6-9 minutes. **TIP: Lower heat and add a splash of water if onion begins to brown too quickly.**



## 5 MAKE SAUCE

- Add **cream cheese**, **stock concentrate**, ½ cup **water**, and ¾ tsp **sugar** (1½ tsp for 4 servings) to pan with **onion**; cook until thickened, 1-3 minutes more.
- Turn off heat; stir in **1 TBSP butter** (2 TBSP for 4) and a **pinch of chopped parsley**. Taste and season with **salt** and **pepper**.



## 6 FINISH & SERVE

- Carefully toss **broccoli** and **carrots** together with **half the sumac** (all for 4 servings).
- Divide **meatloaves** and **carrots and broccoli** between plates. Spoon **caramelized onion sauce** over meatloaves; garnish with **remaining chopped parsley**. Serve.

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