



ROASTED ONION & GARLIC MEATLOAVES

with Mashed Potatoes & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



12 oz | 24 oz
Potatoes*



¼ oz | ½ oz
Parsley



¼ Cup(s) | ½ Cup(s)
Panko
Breadcrumbs
Contains: Wheat



2 oz | 4 oz
Roasted Onion &
Garlic Spread



1 | 2
Ketchup



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Ground Beef**



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*The ingredient you received may be a different color.

**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.



8 oz | 16 oz
\$ Broccoli
\$ Calories: 870



6 oz | 12 oz
\$ Green Beans
\$ Calories: 850



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 890



HELLO

ROASTED ONION & GARLIC SPREAD

This savory, umami time-saving ingredient stars in both the meatloaf and glaze.

STARCH OF THE SHOW

Our trick for the smoothest-ever mashed potatoes? Always save some potato cooking liquid and add a few splashes when mashing.

BUST OUT

- Peeler
- 2 Baking sheets
- Medium pot
- Strainer
- Large bowl
- Small bowl
- Potato masher
- Butter
Contains: Milk
- Kosher Salt
- Black Pepper
- Cooking Oil

MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 START PREP & ROAST CARROTS

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.
- Toss **carrots** on a baking sheet with a **large drizzle of oil**; season with **salt** and **pepper**. Roast on middle rack until tender, 25-30 minutes.

- 🍷 Cut **broccoli** into bite-size pieces or trim **green beans** if necessary. Swap in broccoli or green beans for carrots; roast for 15-20 minutes. **(Save carrots for another use.)**



4 GLAZE MEATLOAVES

- Meanwhile, place **1 TBSP butter (2 TBSP for 4 servings)** in a small microwave-safe bowl; microwave until melted, 30-60 seconds. Stir in **remaining onion and garlic spread** and **ketchup**.
- Once meatloaves have cooked 16 minutes, remove sheet from oven. Spoon **onion garlic glaze** over **meatloaves**.
- Return to top rack until meatloaves are cooked through and glaze is tacky, 2-4 minutes more.



2 FINISH PREP & COOK POTATOES

- Dice **potatoes** into ½-inch pieces. Roughly chop **parsley**.
- Place potatoes in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Reserve **1 cup potato cooking liquid (2 cups for 4 servings)**.
- Drain and return potatoes to pot. Keep covered off heat until ready to mash.



5 MASH POTATOES

- Add **sour cream** and **1 TBSP butter (2 TBSP for 4 servings)** to **potatoes**; mash with a potato masher or fork until smooth, adding splashes of **reserved potato cooking liquid** as needed. Season with **salt** and **pepper**.



3 MAKE MEATLOAVES

- In a large bowl, gently combine **beef*, panko, half the onion and garlic spread, half the parsley, salt (we used ¾ tsp; 1½ tsp for 4 servings), and pepper**. Form **beef mixture** into two 1-inch-tall loaves (**four loaves for 4 servings**); place on a second baking sheet.
- Roast **meatloaves** on top rack until browned and mostly cooked through, 16 minutes.



6 SERVE

- Divide **meatloaves, mashed potatoes, and roasted carrots** between plates in separate sections. Sprinkle everything with **remaining parsley** and serve.

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