



Sheet Pan Italian Pork Meatloaves

with Balsamic Zucchini Medley, Ricotta & Garlic Bread

40-50 Minutes · Calories: 910 · Protein: 33 g



Ingredients



Zucchini



Carrots



Garlic Powder



Italian Seasoning



Ketchup



Balsamic Glaze



Ciabatta



Ricotta Cheese



Panko Breadcrumbs



Chicken Stock Concentrate



Ground Pork

Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



Hello

Balsamic Glaze

Drizzled over savory roasted veggies for a tangy-sweet contrast

Before you start Sticky Fingers

Splash some cold water on your hands before shaping the meatloaves in Step 2. This will help the mixture hold on to itself rather than to you!

Cooking tools

baking sheet, aluminum foil, peeler, large bowl, small bowl

Pantry ingredients

kosher salt, black pepper, cooking oil, olive oil, butter

Nutrition

Nutrients	per serving
Calories:	910
Total Fat:	55g
Saturated Fat:	19g
Sodium:	1450mg
Total Carbohydrate:	62g
Dietary Fiber:	5g
Added Sugars:	13g
Protein:	33g

Allergens

ciabatta (contains: soy, wheat), ricotta cheese (contains: milk), panko breadcrumbs (contains: wheat), butter (contains: milk)

Cook for YOUR Crowd

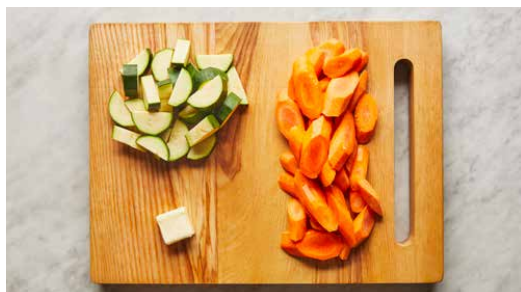
Our recipes are customizable!

Double Protein/Veggies? Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

Making 3 Servings? Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

Making 6 Servings? Just triple the 2-serving recipe—easy!

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



1 Prep

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. Bring **1 TBSP butter (2 TBSP for 4)** to room temperature. Line a baking sheet with foil and **lightly oil**.
- Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; slice crosswise into 1/2-inch-thick half-moons. Trim, peel, and cut **carrots** on a diagonal into 1/2-inch-thick pieces (**halve any larger carrots lengthwise first**).



4 Mix Ricotta & Finish Loaves

- Meanwhile, in a small bowl, combine **ricotta**, **1 tsp Italian Seasoning**, and a **large drizzle of olive oil**. Season with **salt** and **pepper**.
- Once meatloaves have roasted 20 minutes, remove sheet from oven. Carefully brush **meatloaves** with **remaining ketchup mixture**. Return to top rack until meatloaves are cooked through, glaze is tacky, and veggies are browned and tender, 4-5 minutes more. **TIP: If veggies are done before meatloaves, remove from sheet and continue roasting meatloaves.**

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

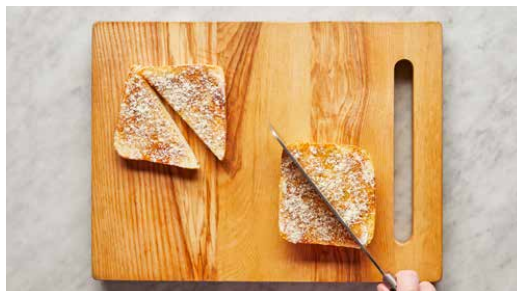


Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to hellofresh.com/about/faq for safe cooking guidelines.



2 Form Loaves & Make Glaze

- In a large bowl, gently combine **pork***, **panko**, **stock concentrate**, **half the garlic powder**, **1/2 tsp Italian Seasoning (1 tsp for 4 servings)**, **salt (we used 3/4 tsp; 1 1/2 tsp for 4)**, and **pepper (You'll use more of the Italian Seasoning and garlic powder later)**.
- Form **mixture** into two 1-inch-tall loaves (**four loaves for 4**) and place on one side of prepared baking sheet. (**For 4, arrange meatloaves across entire sheet.**)
- Wash and dry bowl used for meatloaf mixture. In same bowl, combine **ketchup** and **half the balsamic glaze (save the rest of the balsamic glaze for serving)**.



5 Make Garlic Bread

- Halve **ciabatta** crosswise and toast.
- Spread cut sides of ciabatta with **softened butter**; season with **remaining garlic powder**, **salt**, and **pepper**. Halve **garlic bread** on a diagonal.



3 Roast Meatloaves & Veggies

- Brush **meatloaves** with **half the ketchup mixture (you'll use the rest later)**.
- Toss **zucchini** and **carrots** on empty side of baking sheet with a **large drizzle of oil**, **1/2 tsp Italian Seasoning (1 tsp for 4 servings)**, a **big pinch of salt**, and **pepper (For 4, toss zucchini and carrots on a second baking sheet.)**
- Roast on top rack for 20 minutes (**you'll finish cooking the meatloaves and veggies in the next step**). (**For 4, roast meatloaves on middle rack and veggies on top rack.**)



6 Serve

- Spread **ricotta** on one side of each plate; pile **veggies** over top and drizzle with as much **remaining balsamic glaze** as you like. Divide **meatloaves** between plates and serve **garlic bread** on the side.

How was your meal?

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