



Meatloaves with Sautéed Red Cabbage

plus Butternut Squash & Sweet Potato Mash

New & Improved 40-50 Minutes Calories: 640 Protein: 31 g



Ingredients 2 Person | 4 Person



1 | 2
Sweet Potato



1 Clove(s) | 2 Clove(s)
Garlic



8 oz | 16 oz
Butternut
Squash



1 | 2
Ketchup



1 TBSP | 1 TBSP
Italian
Seasoning



1 | 2
Red Onion



10 oz | 20 oz
Ground Beef



2 tsp | 4 tsp
Dijon Mustard



4 oz | 8 oz
Shredded Red
Cabbage



¼ Cup(s) | ½ Cup(s)
Panko
Breadcrumbs

Customizable Meal

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



Hello

Butternut Squash

Adds a subtle sweetness to mashed sweet potato

Before you start

Head of the Class

Cook cabbage your way—shorter time for fresh and crunchy, longer for soft and sweet.

Cooking tools

baking sheet, medium pot, medium pan, medium bowl, small bowl, peeler, strainer, potato masher

Pantry ingredients

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

Nutrition

Nutrients	per serving
Calories:	640
Total Fat:	33g
Saturated Fat:	12g
Sodium:	970mg
Total Carbohydrate:	54g
Dietary Fiber:	7g
Added Sugars:	5g
Protein:	31g

Allergens

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 middle position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and cut **sweet potato** into ½-inch pieces. Halve, peel, and thinly slice **onion**. Peel and mince or grate **garlic**.



4 Cook Meatloaves

- Evenly top **meatloaves** with **half the ketchup mixture**. Bake on middle rack for 10 minutes.
- After meatloaves have cooked 10 minutes, remove sheet from oven. Carefully spoon remaining ketchup mixture over meatloaves. Return to middle rack and bake until cooked through, 5-10 minutes more.

*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 Make Mash

- Place **sweet potato** and **butternut squash** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil, then reduce to a low simmer. Cook until tender, 15-20 minutes.
- Reserve **¼ cup cooking liquid (½ cup for 4 servings)**, then drain and return to pot.
- Mash **sweet potato and squash** with **1 TBSP butter (2 TBSP for 4)** and reserved cooking liquid until smooth; season with **salt** and **pepper**.
- Keep covered off heat until ready to serve.



5 Sauté Cabbage

- Meanwhile, in a medium, preferably nonstick, pan, heat **2 tsp oil (4 tsp for 4 servings)** over medium-high heat. Add **cabbage, onion, salt, and pepper**; cook, stirring occasionally, until lightly browned and softened, 5-6 minutes.
- Add **garlic**; cook, stirring, until fragrant, 30-60 seconds. Stir in **¼ cup water (½ cup for 4)**; cook until water has evaporated, 1-2 minutes.



3 Form Meatloaves

- While sweet potato and squash cook, in a small bowl, combine **ketchup, mustard**, and **½ tsp sugar (1 tsp for 4 servings)**.
- In a medium bowl, soak **panko** with **¼ cup water (½ cup for 4)** until softened. Add **beef***, **half the Italian Seasoning (all for 4)**, **salt (we used ¾ tsp; 1½ tsp for 4)**, and **pepper**.
- Gently combine mixture, then form into two 1-inch-tall loaves (**four loaves for 4**); transfer to a baking sheet.



6 Serve

- Divide **meatloaves, butternut squash and sweet potato mash**, and **sautéed cabbage** between plates. Serve.

How was your meal?

Scan here to rate your recipe!



Share your **#HelloFreshPics** with us **@HelloFresh**