



Pork Meatloaf with Harissa Tomato Sauce

plus Potato Wedges & Sumac Tomato-Onion Salad

New

30-40 Minutes · Calories: 780 · Protein: 30 g



Ingredients 2 Person | 4 Person



3 | 6
Radishes



¼ oz | ½ oz
Parsley



1 | 2
Lemon



2 TBSP | 4 TBSP
Harissa
Powder



1 tsp | 2 tsp
Sumac



16 oz | 32 oz
Potatoes*



2½ oz | 5 oz
Marinara
Sauce



10 oz | 20 oz
Ground Pork



1 | 2
Red Onion



4 oz | 8 oz
Grape
Tomatoes



1 | 2
Chicken Stock
Concentrate



¼ Cup(s) | ½ Cup(s)
Panko
Breadcrumbs

*The ingredient you received may be a different color.

Customizable Meal

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



Hello

Harissa Powder

Our easy-to-sprinkle version of the fiery and flavorful North African chili paste

Before you start

Bite Back

Soaking the raw onion in cold water, as you'll do in Step 1, reduces its pungent bite and amplifies its zippy, savory flavor.

Cooking tools

baking sheet, small bowls, medium bowl, zester, strainer

Pantry ingredients

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

Nutrition

Nutrients	per serving
Calories:	780
Total Fat:	41g
Saturated Fat:	11g
Sodium:	520mg
Total Carbohydrate:	70g
Dietary Fiber:	8g
Added Sugars:	2g
Protein:	30g

Allergens

panko breadcrumbs (contains: wheat)

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. **Wash and dry produce.**
- Halve, peel, and thinly slice **half the onion** until you have ½ cup (**1 cup for 4**); dice remaining onion until you have 2 TBSP (**4 TBSP for 4**). Roughly chop **parsley**. Cut **potatoes** into ½-inch-thick wedges. Trim and thinly slice **radishes**. Halve **tomatoes**. Zest and quarter **lemon**.
- Fill a small bowl with **ice water**; add **sliced onion** and set aside.



4 Mix Salad

- Meanwhile, drain **sliced onion**. Return to bowl.
- Add **radishes, tomatoes, lemon zest, sumac, remaining parsley, a drizzle of olive oil, juice from half the lemon, salt, and pepper**. Stir to combine.

*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 Meatloaves

- In a medium bowl, combine **diced onion, pork*, panko, stock concentrate, half the parsley, 1 tsp harissa powder (2 tsp for 4 servings), salt (we used ¾ tsp; 1½ tsp for 4), and pepper. (You'll use the rest of the harissa powder later.)**
- Form into two 1-inch-tall loaves (**four loaves for 4**).



5 Make Sauce

- In a second small bowl, combine **marinara, remaining harissa powder, 1 TBSP water, a drizzle of olive oil, juice from one lemon wedge, a large pinch of sugar, salt, and pepper (2 TBSP water and juice from two lemon wedges for 4 servings).**



3 Roast Potatoes & Loaves

- Toss **potatoes** on one side of a baking sheet with a **large drizzle of oil, 2 tsp harissa powder (4 tsp for 4 servings), salt, and pepper**. Place **meatloaves** on empty side of sheet. (**For 4, spread potatoes out across entire sheet; put meatloaves on a second sheet. Roast potatoes on top rack and meatloaves on middle rack.**)
- Roast on top rack until potatoes are browned and tender and meatloaves are cooked through, 20-25 minutes.



6 Serve

- Divide **meatloaves, potato wedges, and tomato-onion salad** between plates. Spoon **harissa tomato sauce** over meatloaves and serve.

How was your meal?

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