



HALL OF FAME

# MEATLOAF BALSAMICO

with Sweet Potato Mash and Green Beans



## HELLO

### BALSAMIC KETCHUP GLAZE

A quick, easy, and tasty way to sauce up your meatloaf.

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 670



Parsley



Panko Breadcrumbs  
(Contains: Wheat)



Balsamic Vinegar



Sweet Potato



Sliced Almonds  
(Contains: Tree Nuts)



Honey



Garlic



Yellow Onion



Green Beans



Ground Beef



Ketchup

## START STRONG

If you have one, grab a basting or pastry brush for brushing the loaves with sauce. Otherwise, the back of a spoon will do just fine.

## BUST OUT

- Grater
- Large pot
- Large bowl
- Strainer
- Baking sheet
- Potato masher
- Small bowl
- Tongs
- Peeler
- Olive oil (2 tsp | 3 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 1 Clove | 2 Cloves
- Parsley ¼ oz | ¼ oz
- Green Beans 6 oz | 12 oz
- Yellow Onion ½ | 1
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Ground Beef 8 oz | 16 oz
- Balsamic Vinegar 1 TBSP | 2 TBSP
- Ketchup 2 TBSP | 4 TBSP
- Sweet Potato 1 | 2
- Honey 2 tsp | 4 tsp
- Sliced Almonds 1 oz | 1 oz

## HELLO WINE



PAIR WITH  
Pulcino D'oro Super Tuscan  
Red Blend, 2015

[HelloFresh.com/Wine](http://HelloFresh.com/Wine)



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 450 degrees. Mince or grate **1 clove garlic** (we sent more). Chop **parsley**. Trim **green beans**. Halve and peel **onion**. Using a box grater, grate one half into a large bowl (use the rest as you like).



## 4 ROAST GREEN BEANS

After **meatloaves** have baked 10 minutes, remove from oven. Toss **green beans** on same baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. (**TIP:** Use tongs to avoid burning your hands.) Return to oven and bake until **meatloaves** are cooked through and **green beans** are slightly browned, about 15 minutes more.



## 2 BAKE MEATLOAVES

Add **garlic, parsley, panko, beef,** and **½ tsp salt** to bowl with **onion**. Season with **pepper**, then mix with hands to combine. Form into two 1-inch-tall loaves and place on a lightly oiled baking sheet. In a small bowl, mix **1 TBSP balsamic vinegar** (we sent more) and **ketchup**, then brush onto **meatloaves**. Bake in oven until no longer pink in center, about 25 minutes total.



## 5 MASH SWEET POTATO

Mash **sweet potato** in pot with a fork or potato masher until mostly smooth. (**TIP:** If potatoes have cooled, quickly reheat over medium-low heat.) Add **1 TBSP butter** and **honey**. Continue mashing to melt butter and combine. Season generously with **salt** and **pepper**.



## 3 BOIL SWEET POTATO

Peel and chop **sweet potato** into ½-inch cubes. Place in a large pot with a pinch of **salt** and enough **water** to cover by 2 inches. Bring to a boil and cook until easily pierced by a knife, about 10 minutes. Drain and return to pot.



## 6 FINISH AND SERVE

When **meatloaves** and **green beans** are done, sprinkle **almonds** over green beans and toss to combine. Divide **meatloaves** between plates and serve with **sweet potato mash** and **green beans** on the side.

## SMASH HIT!

Honey-kissed sweet potatoes are a game-changer, plus they have tons of vitamin A.

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