



MEATLOAF BALSAMICO

with Mashed Sweet Potato 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: 734



Sliced Almonds
(Contains: Tree Nuts)



Ground Beef



Honey



Balsamic Vinegar



Yellow Onion



Sweet Potato



Green Beans



Panko Breadcrumbs
(Contains: Wheat)



Ketchup



Garlic



Parsley

START STRONG

If you have one, grab a basting or pastry brush for brushing the loaves with sauce. Otherwise, the back of a spoon works 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 **10 oz** | **20 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**

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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 (feel free to use the other half 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 SHAPE AND BAKE MEATLOAVES

Add **garlic, parsley, panko, beef,** and **½ tsp salt** to same bowl. 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 smooth. (**TIP:** If potatoes have cooled, quickly reheat over medium-low heat.) Add **1 TBSP butter** and **honey**. Continue mashing to 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 with a fork, 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.

PERFECTION!

Make balsamic onions with the leftover onion and vinegar—they go with everything!