



# BARBECUE PORK MEATLOAVES

with Creamy Cabbage Slaw and Sweet Potato Wedges



## HELLO

### MINI MEATLOAVES

Single-serving meatloaves aren't just cute—they cook in a mini amount of time, too!

**PREP: 15 MIN** | **TOTAL: 35 MIN** | **CALORIES: 750**



Sweet Potatoes



Chives



Sweet and Smoky Barbecue Seasoning



Egg  
(Contains: Egg)



Red Cabbage



White Wine Vinegar



Red Onion



Ground Pork



Panko Breadcrumbs  
(Contains: Wheat)



Barbecue Sauce



Mayonnaise  
(Contains: Eggs)



## START STRONG

Make sure to use your sharpest knife when chopping chives and other onion-family produce. A dull blade will bruise them and prevent crisp, clean cuts.

## BUST OUT

- Baking sheet
- 2 Medium bowls
- Olive oil (1 tsp | 2 tsp)
- Sugar (½ tsp | 1 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                                      |                 |
|--------------------------------------|-----------------|
| • Sweet Potatoes                     | 2   4           |
| • Red Onion                          | 1   1           |
| • Chives                             | ¼ oz   ¼ oz     |
| • Egg                                | 1   1           |
| • Ground Pork                        | 10 oz   20 oz   |
| • Panko Breadcrumbs                  | ½ Cup   ½ Cup   |
| • Sweet and Smoky Barbecue Seasoning | 1 TBSP   1 TBSP |
| • Barbecue Sauce                     | ¼ Cup   ½ Cup   |
| • Red Cabbage                        | 4 oz   8 oz     |
| • Mayonnaise                         | 2 TBSP   4 TBSP |
| • White Wine Vinegar                 | 1 tsp   2 tsp   |

## HELLO WINE



PAIR WITH  
Ebro Spanish Tempranillo, 2016

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## 1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Cut **sweet potatoes** into ½-inch-thick wedges. Peel **onion**, then mince until you have 2 TBSP minced onion (use the rest as you like). Finely chop **chives**.



## 4 BAKE MEATLOAVES AND SWEET POTATOES

Put **1 tsp barbecue sauce** in another medium bowl and set aside, then use the rest of the sauce to brush meatloaves on baking sheet. Place sheet in oven and bake until sweet potatoes are tender and meatloaves are cooked through, 18-20 minutes, tossing sweet potatoes halfway through.



## 2 TOSS SWEET POTATOES

Toss **sweet potatoes** with a drizzle of **olive oil** on a baking sheet. Season generously with **salt** and **pepper**.



## 5 MAKE SLAW

Add **cabbage** to bowl with **barbecue sauce**, followed by **mayonnaise**, **1 tsp vinegar** (we sent more), **½ tsp sugar**, and **salt** and **pepper** to taste. Toss to combine. Set aside until rest of meal is ready. **TIP:** While you're waiting, brainstorm ways to use the extra egg: scrambled, poached, green with a side of ham—the possibilities are endless!



## 3 MAKE MEATLOAVES

Crack **1 egg** into a medium bowl, then add **minced onion**, **pork**, **½ cup panko**, **barbecue seasoning**, and a big pinch of **salt** (we sent more panko and egg than needed). Gently mix just until combined. Shape into two 1-inch-tall meatloaves and place on baking sheet with **sweet potatoes**.



## 6 PLATE AND SERVE

Divide **meatloaves**, **sweet potatoes**, and **slaw** between plates. Sprinkle **chives** over everything and serve.

## YUM!

Get those roasty, toasty sweet potatoes before they're all gone.

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