



BBQ PORK & APPLE MEATLOAVES

with Garlic Mashed Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



4 TBSP | 8 TBSP
BBQ Sauce



1 TBSP | 2 TBSP
Fry Seasoning



1 | 1
Apple



12 oz | 24 oz
Yukon Gold
Potatoes



10 oz | 20 oz
Ground Pork



1 tsp | 1 tsp
Ancho Chili
Powder



6 oz | 12 oz
Green Beans



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 Clove | 2 Clove
Garlic

HELLO

APPLE

This not-so-secret ingredient makes meatloaves extra moist and slightly sweet.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 730

LIFE HACK

Although a bit of juice won't hurt, we suggest squeezing out the excess liquid from your grated apple before mixing it with panko in step 1. An easy way to do this?

Grate over a clean dish towel, then gather the towel into a tight bundle and twist it over the sink.

BUST OUT

- Box grater
- 2 Medium bowls
- Medium pot
- Strainer
- Baking sheet
- Small bowl
- Potato masher
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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* Ground Pork is fully cooked when internal temperature reaches 160°.



1 MIX PANKO

- Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry all produce.**
- Halve and core **apple**; grate half the apple on the largest holes of a box grater. Add to a medium bowl and mix with **panko**. Peel and halve **garlic**.
- **4 SERVINGS: Adjust racks to middle and top positions. Grate whole apple.**
- **TIP: Squeeze out any excess moisture from grated apple before adding it to panko.**



4 ROAST GREEN BEANS

- While meatloaves bake, toss **green beans** in a second medium bowl with a large drizzle of **olive oil, salt, and pepper**.
- Once **meatloaves** have baked 10 minutes, remove sheet from oven. Add green beans to empty side. Return to middle rack until meatloaves are cooked through and green beans are tender, 12-15 minutes more.
- **4 SERVINGS: Leave meatloaves roasting and add green beans to a second sheet; roast on top rack.**



2 COOK POTATOES & PREP

- Dice **potatoes** into ½-inch pieces. Place in a medium pot with half the **garlic** and enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes and garlic to pot. Cover to keep warm.
- Meanwhile, grate or mince remaining garlic.



5 MAKE GLAZE & MASH

- Meanwhile, in a small bowl, combine **BBQ sauce** and **½ tsp chili powder** (be sure to measure). Season with **salt and pepper**.
- Mash **potatoes** with **sour cream** and **2 TBSP butter**, adding splashes of reserved **potato cooking liquid** as needed until smooth. Season with **salt and pepper** to taste. Cover to keep warm.
- **4 SERVINGS: Use 4 TBSP butter.**



3 COOK MEATLOAVES

- Add **pork***, **grated garlic**, **Fry Seasoning**, and **¼ tsp chili powder** (you'll use more later) to bowl with **panko mixture**. Season generously with **salt and pepper**. Form into two 1-inch-tall loaves.
- Place on one side of a baking sheet. Bake on middle rack for 10 minutes (you'll add more to the sheet then).
- **4 SERVINGS: Use ½ tsp chili powder. Form pork mixture into four 1-inch-tall loaves. Spread out across entire sheet.**
- **TIP: Line sheet with parchment or foil before adding meatloaves for easier cleanup.**



6 GLAZE & SERVE

- In the last 2-3 minutes of cooking, carefully spoon or brush tops of **meatloaves** with **BBQ glaze**. Return to oven until glaze is slightly sticky and meatloaves are cooked through.
- Divide meatloaves, **potatoes**, and **green beans** between plates. Serve.