



HALL OF FAME

# ITALIAN MEATLOAF

with Roasted Green Beans and Mashed Potatoes



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 630



Shallot



Basil



Chicken Stock Concentrates



Green Beans



Sour Cream  
(Contains: Milk)



Garlic



White Bread  
(Contains: Wheat)



Ground Beef



Russet Potatoes



Milk  
(Contains: Milk)



## START STRONG

Let kids help with tasks like mixing and shaping the meatloaves—just make sure they wash their hands before and after.

## BUST OUT

- Large bowl
- Strainer
- 2 Baking sheets
- Potato masher
- Peeler
- Medium pot
- Olive oil (1 TBSP)
- Butter (2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 4-person

- Shallot 1
- Garlic 2 Cloves
- Basil ½ oz
- White Bread 2 Slices
- Chicken Stock Concentrates 2
- Milk ¾ Cup
- Ground Beef 20 oz
- Russet Potatoes 24 oz
- Green Beans 12 oz
- Sour Cream 4 TBSP

## HELLO WINE



PAIR WITH

Le Flaneur Graves AOC, 2014

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Halve, peel, and mince shallot. Mince or grate garlic. Pick basil leaves from stems; discard stems. Finely chop leaves.



## 4 ROAST GREEN BEANS

Toss green beans with a large drizzle of olive oil and a pinch of salt and pepper on another baking sheet. Roast in oven until green beans are tender, about 15 minutes. **TIP:** If there's room on the sheet with the meatloaves, you can add the green beans to the same sheet 15 minutes before the loaves are done baking.



## 2 MAKE MEATLOAVES

Soak bread with stock concentrates and ½ cup milk in a large bowl (we'll use more of the milk later). Break up with hands until pasty. Add beef, shallot, basil, half the garlic, and a large pinch of salt and pepper. Mix until just combined. Form into four 1-inch-thick loaves. Place on a lightly oiled baking sheet. Bake in oven until cooked through, 20-25 minutes.



## 5 MASH POTATOES

Heat 2 TBSP butter and remaining garlic in pot used for potatoes. Melt and cook until fragrant, about 30 seconds. Add potatoes, sour cream, and ¼ cup milk (you'll have a little milk left over). Mash with a potato masher or fork until smooth. Season with salt and pepper. **TIP:** Add more milk if needed to give potatoes a creamy consistency.



## 3 BOIL POTATOES

Meanwhile, peel potatoes, then cut into ½-inch cubes. Place potatoes and a large pinch of salt in a medium pot. Add enough water to cover by 1 inch, then bring to a boil. Reduce to a simmer and cook until potatoes are easily pierced by a knife, about 12 minutes. Drain.



## 6 PLATE AND SERVE

Divide mashed potatoes between plates. Top with meatloaves and serve with green beans to the side.

## FRESH TALK

Dinner debate: is meatloaf really a hamburger in a different shape?

Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)

WK1NJ-6