



# ITALIAN MEATLOAVES

with Green Beans & Mashed Potatoes



## HELLO THYME

This fresh herb adds earthy flavor and an elegant touch to an old-school dinnertime staple.

**PREP: 10 MIN** | **TOTAL: 40 MIN** | **CALORIES: 680**



Shallot



Thyme



Beef Stock Concentrate



Sour Cream  
(Contains: Milk)



Yukon Gold Potatoes



Garlic



White Bread  
(Contains: Wheat)



Milk  
(Contains: Milk)



Ground Beef



Green Beans



## START STRONG

In step 1, you'll practice making a panade—that's a mixture of bread and liquid that makes meatloaves moist and tender. Let the milk absorb into the bread before breaking it up with your hands.

## BUST OUT

- 2 Medium bowls
- Potato masher
- Baking sheet
- Kosher salt
- Medium pot
- Black pepper
- Strainer
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Shallot **1** | **2**
- Garlic **2 Cloves** | **2 Cloves**
- Thyme **¼ oz** | **¼ oz**
- White Bread **1 Slice** | **2 Slices**
- Beef Stock Concentrate **1** | **2**
- Milk **6.75 oz** | **6.75 oz**
- Ground Beef\* **10 oz** | **20 oz**
- Yukon Gold Potatoes **12 oz** | **24 oz**
- Green Beans **6 oz** | **12 oz**
- Sour Cream **2 TBSP** | **4 TBSP**

\* Ground Beef is fully cooked when internal temperature reaches 160 degrees.



## 1 PREP

Adjust rack to middle position and preheat oven to 400 degrees. **Wash and dry all produce.** Halve, peel, and mince **shallot**. Mince **garlic**. Strip **thyme leaves** from stems; finely chop leaves until you have 1½ tsp (2 tsp for 4 servings). In a medium bowl, soak **bread** with **stock concentrate** and **3 TBSP milk** (½ cup for 4; you'll use more later). Break mixture up with your hands until pasty.



## 4 ROAST GREEN BEANS

In a second medium bowl, toss **green beans** with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Once **meatloaves** have baked 10 minutes, remove from oven and add green beans to same sheet. Return to oven until green beans are tender and meatloaves are cooked through, 10-15 minutes more.



## 2 FORM & BAKE MEATLOAVES

Add **beef, shallot, chopped thyme**, half the **garlic, salt** (we used ½ tsp; 1 tsp for 4 servings), and **pepper** to bowl with **bread mixture**. Mix to combine, then form into two 1-inch-tall loaves (four loaves for 4); place on a lightly **oiled** baking sheet. Bake until browned and cooked through, 20-25 minutes (we'll add more to the sheet after 10 minutes).



## 5 MASH POTATOES

Heat **1 TBSP butter** (2 TBSP for 4 servings) and remaining **garlic** in pot used for potatoes over low heat. Cook until garlic is fragrant, 30 seconds, then remove from heat. Add drained **potatoes, sour cream**, and **¼ cup remaining milk** (be sure to measure). Mash until smooth, then season generously with **salt** and **pepper**. **TIP:** If needed, add more milk a splash at a time until potatoes are creamy.



## 3 COOK POTATOES

Meanwhile, dice **potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until potatoes are very tender, 15-20 minutes. Drain and set aside.



## 6 SERVE

Divide **potatoes, green beans**, and **meatloaves** between plates. Serve.

## MAKE IT BREAD-ER

For a twist, break out some bread and mayo, slice your meatloaf, and assemble a sandwich!



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