



ITALIAN MEATLOAF

with Roasted Green Beans and Mashed Potatoes



HELLO

ITALIAN MEATLOAF

A good ol' American classic goes on a voyage to Italy with the help of fragrant rosemary and garlic.

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 660



Shallot



Rosemary



White Bread
(Contains: Wheat)



Ground Beef



Sour Cream
(Contains: Milk)



Garlic



Green Beans



Chicken Stock Concentrate



Yukon Gold Potatoes

START STRONG

Gently toss the meatloaf ingredients together until they're just combined for tender results. Overworking the raw beef mix will give you a loaf that's tough.

BUST OUT

- Medium bowl
- Potato masher
- 2 Baking sheets
- Medium pot
- Strainer
- Olive oil (2 tsp | 3 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Shallot 1 | 1
- Garlic 2 Cloves | 2 Cloves
- Rosemary ¼ oz | ¼ oz
- White Bread 1 Slice | 2 Slices
- Chicken Stock Concentrate 1 | 2
- 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

HELLO WINE



PAIR WITH

Come si dice?! Rosso Salento Primitivo, 2015

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



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Halve, peel, and mince **shallot**. Mince or press **garlic**. Strip **rosemary** leaves from stems; discard stems. Finely chop leaves until you have 1 tsp. **TIP:** Make garlic prep even easier next time with a garlic press from [HelloFresh.com/Shop](https://www.hellofresh.com/shop)



4 ROAST GREEN BEANS

Toss **green beans** with a 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 meatloaves are done baking.



2 MAKE MEATLOAVES

Soak **bread** with **stock concentrate** and ¼ **cup water** in a medium bowl. Break up with hands until pasty. Add **beef**, **shallot**, half the **rosemary**, half the **garlic**, and a large pinch of **salt** and **pepper**. Mix until just combined. Form into two 1-inch-thick loaves and place on a lightly oiled baking sheet. Bake in oven until cooked through, 20-25 minutes.



5 MASH POTATOES

In pot used for potatoes, heat 1 **TBSP butter**, remaining **rosemary**, and remaining **garlic**. Melt and cook until fragrant, about 30 seconds. Add **potatoes** and **sour cream**. Mash with a potato masher or fork until very smooth. Season with **salt** and **pepper**. **TIP:** Add a splash of milk for extra creaminess.



3 BOIL POTATOES

Meanwhile, cut **potatoes** into ½-inch cubes. Place in a medium pot with a large pinch of **salt**. 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 **green beans** and **meatloaves** and serve.

BADA BING!

These meatloaves' *piccolo* size doesn't just make them adorable, it helps them bake quickly, too.

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