



# MEATLOAF À LA MOM

with Roasted Root Veggies and Thyme Gravy



## HELLO THYME GRAVY

Comforting, herbaceous, and ready in a flash, this gravy's just what the mama ordered.

PREP: 15 MIN | TOTAL: 45 MIN | CALORIES: 630



Shallot



Thyme



Russet Potato



Panko Breadcrumbs  
(Contains: Wheat)



Flour  
(Contains: Wheat)



Garlic



Baby Carrots



Ground Beef



Ketchup



Beef Stock  
Concentrate

## START STRONG

Make sure to start stirring the flour as soon as it goes into the pan in step 5. This will help eliminate any lumps or clumps in the finished gravy.

## BUST OUT

- Grater
- Medium bowl
- 2 Baking sheets
- Medium pan
- Whisk
- Olive oil (2 tsp | 2 tsp)
- Butter (½ TBSP | 1 TBSP)  
(Contains: Milk)
- Kosher salt
- Black pepper

## INGREDIENTS

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

- Shallot **1** | **2**
- Garlic **2 Cloves** | **4 Cloves**
- Thyme **¼ oz** | **½ oz**
- Baby Carrots **8 oz** | **16 oz**
- Russet Potato **1** | **2**
- Ground Beef\* **10 oz** | **20 oz**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**
- Ketchup **2 TBSP** | **2 TBSP**
- Flour **1 TBSP** | **2 TBSP**
- Beef Stock Concentrate **1** | **2**

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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# HelloFRESH



## 1 PREP

Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.** Halve and peel **shallot**. Grate one half with a grater into a medium bowl (use a large bowl for 4 servings); mince other half. Mince **garlic**. Strip **thyme** leaves from stems and roughly chop. Halve **carrots** lengthwise. Cut **potato** into ½-inch-thick wedges.



## 4 BAKE MEATLOAVES

Once **potato** has roasted 7 minutes, remove from oven, leaving carrots roasting. Push potato to one side of sheet. Place **meatloaves** on opposite side, then brush tops of loaves with half the **ketchup** (use all the ketchup for 4 servings). Return to oven and continue roasting until meatloaves are cooked through, 15-18 minutes more.



## 2 ROAST VEGGIES

Toss **carrots** on one baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Toss **potato** on a separate baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Roast, flipping halfway through, until browned and tender, 25-30 minutes total (we'll add more ingredients to sheet with the potato after 7 minutes).



## 5 MAKE GRAVY

Meanwhile, melt ½ **TBSP butter** (1 TBSP for 4 servings) in a medium pan over medium heat. Add **minced shallot** and remaining **thyme**. Cook, stirring, until softened, 3-4 minutes. Sprinkle **flour** into pan, stirring vigorously to combine. Whisk in **stock concentrate** and ½ **cup water** (1 cup for 4 servings). Bring to a simmer and let bubble until thickened and saucy, 3-4 minutes. Season with **salt** and **pepper**.



## 3 MAKE MEATLOAVES

Meanwhile, to bowl with **grated shallot**, add **beef**, **garlic**, ¼ **cup panko** (½ cup for 4 servings), half the **thyme**, **salt**, and **pepper** (we used ¾ tsp kosher salt; use 1½ tsp for 4 servings). Gently combine, then shape mixture into two 1-inch-tall loaves (four for 4 servings).



## 6 FINISH AND PLATE

Slice **meatloaves** crosswise. Divide meatloaves and **veggies** between plates. Spoon **gravy** over meatloaves and serve.

## PRESTO!

When you make meatloaves mini, they're ready in a fraction of the time.

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