



MEATLOAF À LA MOM

with Roasted Root Veggies and Thyme Gravy



HELLO THYME GRAVY

Based around a *roux* (that's a flour and butter base), this sauce is herby and satisfyingly rich.

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 630



Garlic



Thyme



Russet Potato



Ground Beef



Flour
(Contains: Wheat)



Shallot



Baby Carrots



Panko Breadcrumbs
(Contains: Wheat)



Ketchup



Beef Stock Concentrate

START STRONG

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

BUST OUT

- Box grater
- Medium pan
- Medium bowl
- Peeler
- Baking sheet
- Olive oil (2 tsp | 4 tsp)
- Butter (½ TBSP | 1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

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

HELLO WINE



PAIR WITH
Joyce Eloise Mendoza
Malbec, 2016

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

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees. Mince or grate **garlic**. Halve and peel **shallot**. Grate one half with a box grater into a medium bowl. Mince other half. Strip **thyme leaves** from stems; discard stems. Roughly chop leaves. Halve **carrots** lengthwise. Peel **potato**, then cut into long, thin sticks (like French fries).



4 BAKE MEATLOAVES

After **veggies** have roasted 7-8 minutes, remove sheet from oven. Give veggies a toss. Place **meatloaves** on same sheet, and then brush tops with **1 TBSP ketchup** (we sent more). Return sheet to oven and continue roasting until meatloaves are cooked through, 15-18 minutes more. **TIP:** If there isn't enough room on your sheet, you can add the meatloaves to a second sheet.

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2 ROAST VEGGIES

Toss **carrots** with a drizzle of **olive oil** and arrange toward one side of a baking sheet. Toss **potato** with a drizzle of **olive oil** and arrange toward other side. Season both with **salt** and **pepper**. Roast in oven until tender and browned, 20-25 minutes total (we'll be adding more ingredients to the sheet before the veggies are done roasting).



5 MAKE GRAVY

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



3 MAKE MEATLOAVES

Add **panko**, **ground beef**, half the **thyme**, **garlic**, and a few dashes of **salt** and **pepper** to bowl with shallot (we used ¾ tsp kosher salt). Gently combine with hands, then form mixture into two 1-inch-tall loaves.



6 FINISH AND PLATE

Slice **meatloaves** crosswise and divide between plates. Add **veggies** to the side. Spoon **gravy** over meatloaves and serve.

PRESTO!

When you make them mini, meatloaves are ready in a fraction of the time.

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