HALL OF FAME

MEATLOAF BALSAMICO

with Sweet Potato Mash and Green Beans



HELLO

HALL OF FAME

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





Garlic

Green Beans













Honey

Sliced Almonds (Contains: Tree Nuts)



Yellow Onion



Ground Beef



Ketchup

Balsamic Vinegar Sweet Potatoes



PREP: 15 MIN TOTAL: 40 MIN CALORIES: 710

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START STRONG

If you have a moment while the meatloaves and green beans are roasting, put the almonds in a pan and toast them on the stove over medium heat, tossing frequently. This will bring out their best flavor.

BUST OUT

- Grater
- Peeler
- Large bowl
- Medium pot
- Small bowl
- Strainer
- Baking sheet
- Potato masher
- Olive oil (2 tsp | 3 tsp)
- Butter (1 TBSP | 2 TBSP) (Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

 Garlic 1 Clove | 2 Cloves

 Parslev 1/4 oz | 1/4 oz Yellow Onion 1/2 | 1

3 tsp | 5 tsp Balsamic Vinegar

 Ketchup 2 TBSP | 4 TBSP

 Panko Breadcrumbs 1/4 Cup | 1/2 Cup

10 oz | 20 oz

2 | 4 Sweet Potatoes

 Green Beans 6 oz | 12 oz

½ oz | 1 oz Honey

 Sliced Almonds 1 oz l 1 oz





Ground Beef

Come si dice?! Rosso Salento Primitivo, 2015

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PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Mince 1 clove garlic (use other as you like). Chop parsley. Halve and peel onion. Using the large holes of a grater, grate one onion half into a large bowl (use the other half as you like). In a separate small bowl, mix 1 TBSP vinegar (we sent more) and ketchup.

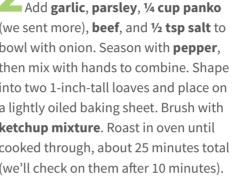


ROAST GREEN BEANS After meatloaves have baked 10 minutes, remove baking sheet from oven. Toss green beans on same sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. (TIP: Use tongs to avoid burns.) Return to oven and roast until meatloaves are cooked through and green beans are tender and lightly crisped, about 15 minutes more.



MAKE MEATLOAVES

Add garlic, parsley, ¼ cup panko (we sent more), beef, and ½ tsp salt to bowl with onion. Season with pepper, then mix with hands to combine. Shape into two 1-inch-tall loaves and place on a lightly oiled baking sheet. Brush with ketchup mixture. Roast in oven until cooked through, about 25 minutes total (we'll check on them after 10 minutes).





MASH SWEET POTATOES Drain sweet potatoes and return to pot. Mash in pot with a potato masher or fork until mostly smooth. (TIP: If potatoes have cooled, quickly reheat over medium-low heat.) Add 1 TBSP butter and honey. Continue mashing to melt butter and combine. Season generously with salt and pepper.



COOK SWEET POTATOES Meanwhile, peel sweet potatoes, then cut into ½-inch cubes. Place in a medium pot with a pinch of salt and enough water to cover by 1 inch. Bring to a boil and cook until tender, about 10

minutes



FINISH AND SERVE When meatloaves and green beans are done, sprinkle **almonds** over green beans and toss to combine. Divide

meatloaves between plates and serve with sweet potato mash and green

beans on the side.

SMASH HIT!

Honeyed sweet potatoes are a vitamin A-packed game-changer.

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