



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!

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 800

-  Garlic
-  Green Beans
-  Panko Breadcrumbs
(Contains: Wheat)
-  Egg
(Contains: Egg)
-  Ketchup
-  Honey
-  Parsley
-  Yellow Onion
-  Ground Beef
-  Balsamic Vinegar
-  Sweet Potatoes
-  Sliced Almonds
(Contains: Tree Nuts)

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

- Small bowl
- Peeler
- Grater
- Medium pot
- Large 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

- Balsamic Vinegar 3 tsp | 5 tsp
- Ketchup 2 TBSP | 4 TBSP
- Garlic 1 Clove | 2 Cloves
- Parsley ¼ oz | ½ oz
- Yellow Onion ½ | 1
- Panko Breadcrumbs ½ Cup | 1 Cup
- Ground Beef 10 oz | 20 oz
- Egg 1 | 2
- Sweet Potatoes 2 | 4
- Green Beans 6 oz | 12 oz
- Honey ½ oz | 1 oz
- Sliced Almonds 1 oz | 1 oz

HELLO WINE



PAIR WITH
Remarquable Lirac Rouge, 2016

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



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. In a small bowl, mix **1 TBSP vinegar** (we sent more) and **ketchup**. 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).



4 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.



2 SHAPE MEATLOAVES

Add **garlic, parsley, panko, beef,** and **½ tsp salt** to bowl with **onion**. Crack in **1 egg** (use the other as you like). Season with **pepper**, then mix with hands to combine. Shape into two 1-inch-tall loaves, then place on a lightly oiled baking sheet. Brush with **ketchup mixture**.



5 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 combine and melt butter. Season generously with **salt** and **pepper**.



3 COOK MEATLOAVES AND SWEET POTATOES

Roast **meatloaves** in oven until cooked through, about 25 minutes total (we'll check on them after 10 minutes). 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.



6 FINISH AND SERVE

Once **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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