



MEATLOAVES WITH A SWEET CHILI GLAZE

plus Sesame Ponzu Broccoli & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 Thumb | 2 Thumbs
Ginger



1 | 1
Lime



8 oz | 16 oz
Broccoli Florets



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Ground Beef



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Soy, Wheat



2 TBSP | 4 TBSP
Ketchup



1 tsp | 2 tsp
Korean
Chili Flakes



6 ml | 12 ml
Ponzu Sauce
Contains: Fish,
Soy, Wheat



1 TBSP | 2 TBSP
Sesame Seeds

HELLO

PONZU

A citrusy soy sauce that's equal parts sweet and tart



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 740



CHECK ON IT

While a marinade seasons meat from the start, a glaze is best applied toward the end of cooking (as seen in step 5). A few minutes in the oven will turn the blend of ketchup, sweet soy, spicy chili, and tangy lime into a rich, caramelized layer of finger-lickin' goodness.

BUST OUT

- Small pot
- Large bowl
- Baking sheet
- Small bowl
- Kosher salt
- Black pepper
- Vegetable oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel and mince **ginger**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Cut **broccoli florets** into bite-size pieces, if necessary. Quarter **lime**.
- **4 SERVINGS: Adjust racks to top and middle positions.**



4 ROAST LOAVES & BROCCOLI

- Toss **broccoli** on opposite side of sheet from **meatloaves** with a drizzle of **oil**.
- Roast on top rack until meatloaves are cooked through and broccoli is browned and tender, 15-18 minutes.
- **4 SERVINGS: Add broccoli to a second baking sheet; roast meatloaves on top rack and broccoli on middle rack.**



2 COOK RICE

- Melt **1 TBSP butter** in a small pot over medium-high heat. Add half the **ginger** and cook until fragrant, 30 seconds.
- Add **rice**, **¾ cup water**, and a big pinch of **salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.
- **4 SERVINGS: Use 2 TBSP butter and 1½ cups water.**



5 GLAZE LOAVES

- Meanwhile, in a small bowl, combine **sweet soy glaze**, **ketchup**, a pinch of **chili flakes** to taste, and a squeeze of **lime juice** to taste.
- In the last 2-3 minutes of roasting, remove baking sheet from oven; brush tops of meatloaves with **1 TBSP glaze mixture** each.
- Return to oven until glaze is tacky.
- **4 SERVINGS: Leave broccoli roasting while you glaze the meatloaves.**
- **TIP: Save any remaining glaze mixture for serving.**



3 FORM LOAVES

- While rice cooks, in a large bowl, combine **beef***, **scallion whites**, **panko**, remaining **ginger**, **salt** (we used ¾ tsp kosher salt), and **pepper**. Gently combine, then form into two 1-inch-tall loaves. Place on one side of a baking sheet.
- **4 SERVINGS: Use 1¼ tsp kosher salt. Form beef mixture into four loaves and spread out across entire sheet.**



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**. Toss **broccoli** with **ponzu** and half the **sesame seeds**.
- Divide rice, broccoli, and **meatloaves** between plates. Drizzle meatloaves with any remaining **glaze mixture**. Garnish with **scallion greens**, remaining sesame seeds, and as many **chili flakes** as you like. Serve with remaining **lime wedges** on the side.

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