

MEATLOAVES WITH A SWEET CHILI GLAZE

plus Sesame Ponzu Broccoli & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4 Scallions

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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

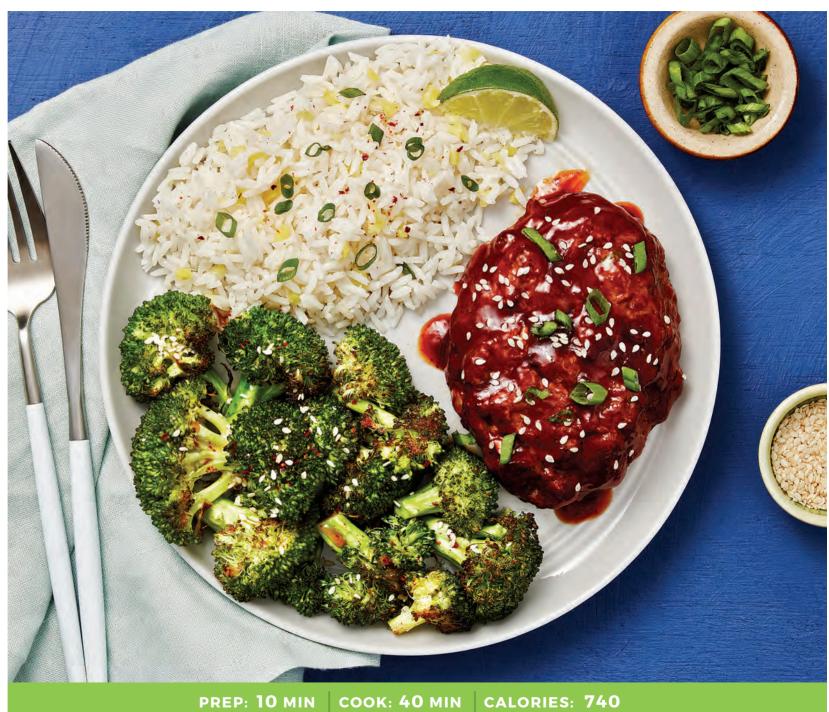


1 TBSP | 2 TBSP Sesame Seeds

HELLO

PONZU

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



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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.

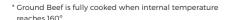
BUST OUT

- 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.



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.



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.



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.



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.



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.

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