



PINEAPPLEY PORK MEATLOAVES

with Sweet Potato and Bell Pepper Jumble



HELLO PINEAPPLE

This sweet and tart fruit adds tropical vibes to a weeknight staple.

PREP: 10 MIN | TOTAL: 50 MIN | CALORIES: 670



*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

In step 2, you'll practice making a panade—that's a mixture of bread and liquid that makes meatloaves moist and tender. Let the pineapple juice absorb into the bread before breaking it up with your hands.

BUST OUT

- Strainer
- Large bowl
- 2 Baking sheets
- Small bowl
- Aluminum foil
- Vegetable oil (2 tsp | 2 tsp)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Sweet Potatoes 2 | 4
- Bell Pepper 1 | 2
- Scallions 2 | 4
- Chili Pepper 1 | 1
- Pineapple 4 oz | 8 oz
- White Bread 1 Slice | 2 Slices
- Ground Pork* 10 oz | 20 oz
- Hoisin Sauce 2 TBSP | 4 TBSP

* Ground Pork is fully cooked when internal temperature reaches 160 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Adjust rack to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **sweet potatoes** into ½-inch pieces. Core, deseed, and dice **bell pepper** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Thinly slice **chili**, removing seeds for less heat.



4 ROAST MEATLOAVES AND VEGGIES

On a second baking sheet, toss **sweet potatoes** and **bell pepper** with a large drizzle of **oil**, **salt**, and **pepper**. Roast **meatloaves** on top rack and **veggies** on middle rack until meatloaves are almost cooked through and veggies are tender, 20 minutes.



2 MIX MEATLOAVES

Drain **pineapple**, reserving juice; set aside 2 tsp juice for glaze (4 tsp for 4 servings). In a large bowl, soak **bread** with remaining pineapple juice. Once liquid has mostly absorbed, break mixture up with your hands until pasty. Stir in **pork** and **scallion whites**. Season generously with **salt** (we used ¾ tsp; 1½ tsp for 4) and **pepper**.



5 GLAZE MEATLOAVES

Once everything has roasted 20 minutes, leaving veggies in the oven, remove **meatloaves** and brush with remaining **glaze**. Heat broiler to high or oven to 500 degrees. Return baking sheet to top rack until meatloaves are cooked through and glaze is tacky, 4-5 minutes more.



3 FORM MEATLOAVES

Form **pork mixture** into two 1-inch-tall loaves (four loaves for 4 servings). Line a baking sheet with foil. Place **meatloaves** on one side of prepared sheet. Spread **pineapple** out on opposite side. In a small bowl, combine **hoisin** and **reserved pineapple juice**; brush tops of meatloaves with half the hoisin glaze (we'll use the rest of the glaze later).



6 SERVE

Slice **meatloaves** crosswise. Divide between plates with **veggies**. Top meatloaves with **pineapple** and garnish with **scallion greens**. If you like things spicy, add a pinch of **chili** to taste.

ISLAND VIBES

Try this flavor combo again to make Hawaiian-inspired meatballs.

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