



# PINEAPPLEY PORK MEATLOAVES

with a Sweet Potato & Bell Pepper Jumble



## HELLO PINEAPPLE

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

**PREP: 10 MIN** | **TOTAL: 50 MIN** | **CALORIES: 690**



Sweet Potatoes



Scallions



Pineapple



Ground Pork



Bell Pepper\*



Chili Pepper



White Bread  
(Contains: Wheat)



Hoisin Sauce  
(Contains: Soy)

\*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 be 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
- Aluminum foil
- Small bowl
- Vegetable oil (1 TBSP | 1 TBSP)
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient 2-person | 4-person

- |                  |                    |
|------------------|--------------------|
| • Scallions      | 2   4              |
| • Sweet Potatoes | 2   4              |
| • Bell Pepper    | 1   2              |
| • 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.



## 1 PREP

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



## 4 ROAST MEATLOAVES & VEGGIES

On a second baking sheet, toss **sweet potatoes** and **bell pepper** with a large drizzle of **oil**, **salt**, and **pepper**. (**TIP:** For easy cleanup, line baking sheet with foil first.) Roast **meatloaves** on top rack and **veggies** on middle rack until meatloaves are browned and veggies are tender, 20 minutes (the meatloaves will finish cooking in the next step).



## 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 kosher salt; 1½ tsp for 4) and **pepper**.



## 5 GLAZE MEATLOAVES

Once everything has roasted 20 minutes, remove sheet with **meatloaves** and **pineapple**, leaving veggies in the oven. Transfer pineapple to a plate; set aside. Brush meatloaves with remaining **hoisin glaze**. Return 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 and lightly **oil**. Place **meatloaves** on one side of prepared sheet. Spread **pineapple** out on empty side. In a small bowl, combine **hoisin** and **reserved pineapple juice**; brush tops of meatloaves with half the **hoisin glaze** (you'll use the rest of the glaze later).



## 6 FINISH & 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. Serve.

## ISLAND VIBES

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



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