



PINEAPPLEY PORK MEATLOAVES

with a Sweet Potato & Bell Pepper Jumble

INGREDIENTS

2 PERSON | 4 PERSON



2 | 2
Scallions



2 | 4
Sweet Potatoes



1 | 2
Green Bell
Pepper



1 | 1
Chili Pepper



4 oz | 8 oz
Pineapple



1 Slice | 2 Slices
White Bread
Contains: Soy, Wheat



10 oz | 20 oz
Ground Pork



2 TBSP | 4 TBSP
Kikkoman® Hoisin
Sauce
Contains: Soy

HELLO

PINEAPPLE

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



PREP: 10 MIN | COOK: 50 MIN | CALORIES: 660

KIKKOMAN® HOISIN SAUCE



Kikkoman® Hoisin Sauce is a versatile, complex sauce with the perfect balance of sweet, sour, and savory. An elegant Asian barbecue sauce that is so bold yet versatile.



MEAT CUTE

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
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)

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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 LOAVES & 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

- 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) and **pepper**. (**Use 1½ tsp salt for 4.**)



5 GLAZE LOAVES

- 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 LOAVES

- 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.

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