



# SUN-DRIED TOMATO MEATLOAVES

with Onion Couscous & Roasted Carrot-Zucchini Jumble

## INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz  
Carrots



1 | 2  
Zucchini



1.5 oz | 3 oz  
Sun-Dried Tomatoes



1 | 2  
Onion



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



10 oz | 20 oz  
Ground Beef\*\*



1 TBSP | 2 TBSP  
Italian Seasoning



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



2 | 4  
Chicken Stock  
Concentrates



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*\*In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

### SUN-DRIED TOMATOES

These sun-kissed beauties are bursting with rich, tangy, extra-savory flavor.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 900



# HELLO FRESH

## TENDER IS THE MEAT

A simple mix of panko and water helps keep your meatloaves moist and tender (as does a light touch when forming the loaves).

## BUST OUT

- Peeler
  - Baking sheet
  - Medium bowl
  - Small pot
  - Small pan
  - Kosher salt
  - Black pepper
  - Olive oil (**2 tsp** | **2 tsp**)
  - Cooking oil (**2 tsp** | **2 tsp**)
  - Sugar (**¼ tsp** | **½ tsp**)
  - Butter (**1½ TBSP** | **3 TBSP**)
- Contains: Milk



## 1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Finely chop **sun-dried tomatoes**. Halve, peel, and finely dice **onion**.



## 2 ROAST VEGGIES

- Toss **carrots** and **zucchini** on one side of a baking sheet with a **large drizzle of olive oil, salt, and pepper** (for 4 servings, spread out across entire sheet). Roast on top rack for 5 minutes (**you'll add more to the sheet then**).



## 3 SEASON & FORM MEATLOAVES

- Meanwhile, in a medium bowl, combine **panko** with **1 TBSP water** (**2 TBSP for 4 servings**); mix with your hands until pasty. Add **beef\***, **Italian Seasoning**, **half the sun-dried tomatoes**, **2 TBSP onion** (**4 TBSP for 4**), **½ tsp salt** (**1 tsp for 4**), and **pepper**; mix to combine.
- Form **beef mixture** into two 1-inch-tall loaves (**four loaves for 4**).



## 4 BAKE MEATLOAVES

- Once veggies have roasted 5 minutes, remove sheet from oven. Add **meatloaves** to empty side of sheet. (**For 4 servings, leave veggies roasting; add meatloaves to a second sheet and bake on middle rack.**)
- Return to top rack; roast until veggies are browned and tender and meatloaves are cooked through, 15-18 minutes.



## 5 COOK COUSCOUS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous** and **half the remaining onion**; cook, stirring, until couscous is lightly toasted and onion is softened, 4-6 minutes.
- Stir in **¾ cup water** (**1¼ cups for 4 servings**); bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



## 6 MAKE SAUCE

- While couscous cooks, heat a **drizzle of oil** in a small pan over medium-high heat. Add **remaining onion** and **remaining sun-dried tomatoes**; cook, stirring occasionally, until softened, 3-5 minutes. Season with a **pinch of salt and pepper**.
- Add **half the stock concentrates**, **½ cup water**, and **¼ tsp sugar** (**¾ cup water and ½ tsp sugar for 4 servings**); cook, stirring occasionally, until thickened, 2-4 minutes.
- Turn off heat. Stir in **cream cheese** until smooth. Season with **salt and pepper** to taste.



## 7 FINISH & SERVE

- To pot with **couscous**, stir in **1½ TBSP butter** (**3 TBSP for 4 servings**) and **remaining stock concentrate**. Taste and season with **salt and pepper**.
- Divide **meatloaves**, **couscous**, and **roasted veggies** between plates. Drizzle meatloaves with as much **sauce** as you like. Serve with any remaining sauce on the side.