



SWEDISH MEATLOAVES

with Mashed Potatoes, Roasted Carrots, and Currant Jam



HELLO

SWEDISH MEATLOAVES

Warmly spiced mini meatloaves drizzled in creamy gravy and served with jam

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 790



Carrots



Yellow Onion



White Bread
(Contains: Wheat)



Ground Beef



Nutmeg



Beef Stock
Concentrate



Yukon Gold
Potatoes



Parsley



Milk
(Contains: Milk)



Meatloaf Mix



Flour
(Contains: Wheat)



Currant Jam

START STRONG

In step 5, you'll practice making a roux (that's the flour and butter mixture that gives gravy body and richness). Whisk constantly as you add the liquids to it—this will give you a silky smooth gravy.

BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Vegetable oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)
- Medium bowl
- Large pan
- Whisk
- Potato masher

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 2 | 3
- Yukon Gold Potatoes 12 oz | 24 oz
- Yellow Onion 1 | 1
- Parsley ¼ oz | ¼ oz
- White Bread 1 Slice | 2 Slices
- Milk 6.75 oz | 13.5 oz
- Ground Beef 10 oz | 20 oz
- Nutmeg 1 tsp | 1 tsp
- Meatloaf Mix ½ TBSP | 1 TBSP
- Flour 1 TBSP | 2 TBSP
- Beef Stock Concentrate 1 | 2
- Currant Jam 2 TBSP | 4 TBSP

HELLO WINE



PAIR WITH

Noche en Blanco Campo de Borja
Garnacha-Syrah, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Peel **carrots**, then cut on a diagonal into ½-inch-thick coins; halve any large coins. Cut **potatoes** into 1-inch cubes. Halve and peel **onion**, then mince until you have ¼ cup (use the rest as you like). Finely chop **parsley**.



4 COOK MEATLOAVES

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **meatloaves** and cook until browned on surface but not yet cooked through, about 3 minutes per side. Once **carrots** have roasted about 15 minutes, remove sheet from oven and give carrots a toss. Add meatloaves to same sheet and place in oven. Bake until meatloaves are cooked through and carrots are tender, about 15 minutes more.



2 COOK VEGGIES

Toss **carrots** on a baking sheet with a drizzle of **oil** and a large pinch of **salt** and **pepper**. Roast in oven for 15 minutes (we'll add more to the sheet then). Meanwhile, place **potatoes** in a medium pot with a large pinch of salt and enough **water** to cover by 1 inch. Bring to a boil and cook until tender, about 15 minutes. Drain and return to empty pot off heat.



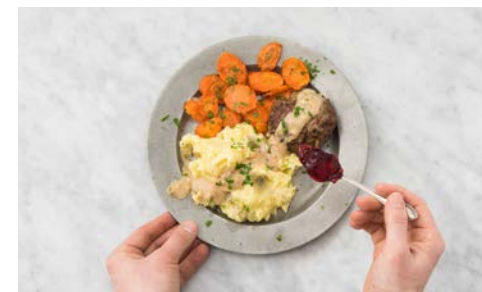
5 MAKE GRAVY

Melt **1 TBSP butter** in same pan over medium heat. Add remaining **minced onion**. Cook, tossing, until soft, about 2 minutes. Add **flour** and cook, stirring, until pasty, about 1 minute. Slowly whisk in ½ **cup water**, followed by **stock concentrate** and ¼ **cup milk** (save rest for potatoes). Bring to a simmer, then whisk until thickened, about 1 minute. Season with **salt**, **pepper**, and a pinch of **nutmeg** (to taste). **TIP:** Add more water if too thick.



3 SHAPE MEATLOAVES

Place **bread** and **3 TBSP milk** (we sent more) in a medium bowl. Break up bread with your hands until pasty. Thoroughly mix in **beef**, **2 TBSP minced onion**, half the **parsley**, ¼ **tsp nutmeg**, ½ **TBSP meatloaf mix**, **salt**, and **pepper** (we sent more nutmeg and meatloaf mix; our chefs used ¾ tsp kosher salt). Shape mixture into two 1-inch-tall loaves.



6 FINISH AND SERVE

Place pot with **potatoes** over low heat. Add ¼ **cup milk** and **1 TBSP butter**. Mash until smooth. (**TIP:** Add more milk if stiff.) Season with **salt** and **pepper**. Divide potatoes and **meatloaves** between plates. Drizzle with **gravy**. Add **carrots** and **jam** to the side. Garnish with remaining **parsley**.

INCREDIBLE!

Don't forget to have a little jam with each bite for a sweet treat.

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