



INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



4 oz | 8 oz
Kale



2 Cloves | 4 Cloves
Garlic



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Ground Beef



1 TBSP | 2 TBSP
Cornstarch



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1 | 2
Beef Stock
Concentrate



1 tsp | 1 tsp
Nutmeg

HELLO

SWEDISH MEATLOAVES

A larger take on Swedish meatballs, these warmly spiced mini meatloaves are drizzled with creamy gravy.

SWEDISH MEATLOAVES

with Gravy, Creamed Kale & Roasted Carrots



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 730



IN A SLURRY

In step 5, you'll be mixing up a slurry with cornstarch, sour cream, and water. This magical liquid helps thicken your gravy in seconds and also makes it extra-velvety.

BUST OUT

- Peeler
- Whisk
- Baking sheet
- Kosher salt
- 3 Medium bowls
- Black pepper
- Large pan
- Cooking oil (4 tsp | 4 tsp)
- Olive oil (1 tsp | 1 tsp)
- Sugar (¼ tsp | ¼ tsp)
- Butter (1 TBSP | 2 TBSP)

Contains: Milk



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into 1-inch-thick pieces. Remove and discard any large stems from **kale**; chop into bite-size pieces. Peel and mince **garlic**.



2 ROAST CARROTS

- Toss **carrots** on one side of a **lightly oiled** baking sheet with a **large drizzle of oil** and a **big pinch of salt and pepper**. Roast on top rack for 10 minutes (**you'll add the meatloaves then**).



3 MAKE MEATLOAVES

- While carrots cook, in a medium bowl, combine **panko** with **1 TBSP water** (**2 TBSP for 4 servings**).
- Add **beef***, **garlic**, **½ tsp salt** (**¾ tsp for 4**), and **pepper** to bowl with **panko mixture**. Gently combine, then form into two 1-inch tall loaves (**four loaves for 4**).
- Once carrots have roasted 10 minutes, remove sheet from oven. Carefully place **meatloaves** on empty side of sheet. Lightly drizzle meatloaves with **olive oil**.
- Roast until meatloaves are lightly browned and cooked through, 15-20 minutes.



4 START KALE

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **kale** and a **pinch of salt and pepper**; cook, stirring occasionally, until slightly wilted, 3-4 minutes.
- Add **2 TBSP water**; cook until kale is softened and water has evaporated, 2-3 minutes. Transfer to a plate and set aside.



5 MAKE CREAM SAUCE

- While kale cooks, in a second medium bowl, whisk together **cornstarch**, **half the sour cream**, and **1 cup water** (**2 cups for 4 servings**) until smooth.
- Heat pan used for kale over medium heat. Add **cornstarch mixture** and **cream cheese**. Cook, whisking occasionally, until cream cheese has melted and sauce has thickened, 3-4 minutes. Remove from heat.



6 MAKE GRAVY & FINISH KALE

- Carefully transfer **half the cream sauce** to a third medium bowl. Whisk in **stock concentrate**, **¼ tsp nutmeg** (**½ tsp for 4 servings; be sure to measure—we sent more**), and a **pinch of sugar**. Taste and season with **salt** and **pepper**. Set aside.
- Heat pan with **remaining cream sauce** over low heat. Stir in **kale**, **remaining sour cream**, and a **pinch of sugar**. Cook, stirring occasionally, until sour cream is incorporated and kale is tender, 2-3 minutes.
- Remove from heat; stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. Taste and season with **salt** and **pepper**.



7 SERVE

- Divide **meatloaves**, **kale**, and **carrots** between plates. Spoon **gravy** over meatloaves and serve.

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

WK 12-15