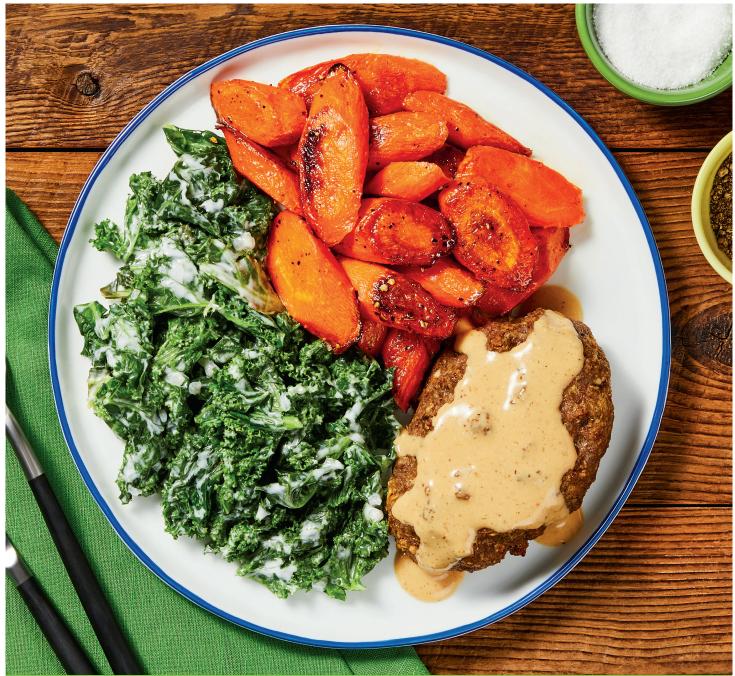


A larger take on Swedish meatballs, these warmly spiced mini meatloaves are drizzled with creamy gravy.

# **SWEDISH MEATLOAVES**

with Gravy, Creamed Kale & Roasted Carrots



PREP: 10 MIN COOK: 40 MIN CALORIES: 730

15



### **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**

• Whisk

- Peeler
- 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.



### 7 SERVE

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

# 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**.

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

SHARE YOUR #HELLOFRESHPICS WITH US @HELLOFRESH

(646) 846-3663 | HELLOFRESH.COM

WK 12-15