



BBQ PORK & APPLE MEATLOAVES

with Garlic Mashed Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



4 TBSP | 8 TBSP
BBQ Sauce



1 TBSP | 2 TBSP
Fry Seasoning



1 | 1
Apple



12 oz | 24 oz
Yukon Gold
Potatoes



10 oz | 20 oz
Ground Pork



1 tsp | 1 tsp
Ancho Chili
Powder



6 oz | 12 oz
Green Beans



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 Clove | 2 Cloves
Garlic

HELLO

APPLE

This not-so-secret ingredient makes meatloaves extra moist and slightly sweet.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 730



MAIN SQUEEZE

Although a bit of juice won't hurt, we suggest squeezing out the excess liquid from your grated apple before mixing it with panko in step 1. An easy way to do this?

Grate over a clean dish towel, then gather the towel into a tight bundle and twist it over the sink.

BUST OUT

- Box grater
- 2 Medium bowls
- Medium pot
- Strainer
- Baking sheet
- Small bowl
- Potato masher
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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



1 MIX PANKO

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry all produce.**
- Halve and core **apple**; grate half the apple (**whole apple for 4**) on the largest holes of a box grater, then add to a medium bowl. (**TIP: Squeeze out any excess moisture from grated apple before mixing with panko.**) Stir in **panko** until thoroughly combined.
- Peel and halve **garlic**.



4 ROAST GREEN BEANS

- While meatloaves bake, toss **green beans** in a second medium bowl with a large drizzle of **olive oil, salt, and pepper**.
- Once **meatloaves** have baked 10 minutes, remove sheet from oven. Add green beans to empty side. (**For 4 servings, leave meatloaves roasting and add green beans to a second sheet; roast on top rack.**)
- Return to middle rack until meatloaves are cooked through and green beans are tender, 12-15 minutes more.



2 COOK POTATOES & PREP

- Dice **potatoes** into ½-inch pieces. Place in a medium pot with half the **garlic** and enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes and garlic to pot. Cover to keep warm.
- Meanwhile, grate or mince remaining garlic.



5 MAKE GLAZE & MASH

- Meanwhile, in a small bowl, combine **BBQ sauce** and **½ tsp chili powder** (be sure to measure). Season with **salt and pepper**.
- Mash **potatoes** with **sour cream** and **2 TBSP butter (4 TBSP for 4 servings)**, adding splashes of reserved **potato cooking liquid** as needed until smooth. Season with **salt and pepper** to taste. Cover to keep warm.



3 COOK MEATLOAVES

- Add **pork***, **grated garlic**, **Fry Seasoning**, and **¼ tsp chili powder (½ tsp for 4 servings)** to bowl with **panko mixture**. (You'll use more chili powder later.) Season generously with **salt and pepper**. Form into two 1-inch-tall loaves (**four loaves for 4**).
- Place on one side of a baking sheet (**for 4, spread out across entire sheet**). (**TIP: Line sheet with parchment or foil before adding meatloaves for easier cleanup.**) Bake on middle rack for 10 minutes (you'll add more to the sheet then).



6 FINISH & SERVE

- In the last 2-3 minutes of cooking, carefully spoon or brush tops of **meatloaves** with **BBQ glaze**. Return to oven until glaze is slightly sticky and meatloaves are cooked through.
- Divide meatloaves, **potatoes**, and **green beans** between plates. Serve.