



# Classic Beef Meatloaf

with Cheddar-Chive Smashed Potatoes and Roasted Broccoli

30 Minutes



Ground Beef



Russet Potato



Broccoli, florets



Shallot



Chives



Ketchup



Soy Sauce



Sour Cream



Cheddar Cheese,  
shredded



Panko Breadcrumbs

HELLO KETCHUP

*This everyday fave adds an addictive sweet and smoky flavour!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, medium bowl, colander, measuring spoons, potato masher, box grater, aluminum foil, measuring cups, large pot, vegetable peeler

## Ingredients

|                          | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Ground Beef              | 250 g    | 500 g    |
| Russet Potato            | 460 g    | 920 g    |
| Broccoli, florets        | 227 g    | 454 g    |
| Shallot                  | 50 g     | 100 g    |
| Chives                   | 7 g      | 7 g      |
| Ketchup                  | ¼ cup    | ½ cup    |
| Soy Sauce                | 1 tbsp   | 2 tbsp   |
| Sour Cream               | 3 tbsp   | 6 tbsp   |
| Cheddar Cheese, shredded | ½ cup    | 1 cup    |
| Panko Breadcrumbs        | ¼ cup    | ½ cup    |
| Milk*                    | ¼ cup    | ½ cup    |
| Unsalted Butter*         | 1 tbsp   | 2 tbsp   |
| Oil*                     |          |          |
| Salt and Pepper*         |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

—  
You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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## Cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



## Roast broccoli

Toss **broccoli** with **1 tbsp oil** (dbl for 4 ppl) on another baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until tender, 10-12 min.



## Prep

While **potatoes** cook, cut **broccoli florets** into bite-sized pieces. Peel, then coarsely grate **shallot** using a box grater. Thinly slice **chives**. Combine **beef** with **shallots**, **soy sauce**, **breadcrumbs** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**.



## Finish smashed potatoes

When the **potatoes** are tender, drain and return to the same pot. Add **sour cream**, **¼ cup milk** and **1 tbsp butter** (dbl both for 4 ppl). Using a potato masher, mash together until creamy. Stir in **cheddar** and **half the chives**, then season with **salt** and **pepper**.



## Roast meatloaves

Divide **beef mixture** in half (divide into four for 4 ppl) and form each portion into 1-inch thick ovals on a foil-lined baking sheet. Spread **ketchup** over tops of **meatloaves**. Bake in the **top** of the oven until cooked through, 12-14 min. \*\*



## Finish and serve

Divide **cheddar-chive smashed potatoes**, **roasted broccoli** and **meatloaves** between plates. Sprinkle **remaining chives** over top.

## Dinner Solved!