



# Glazed Meatloaf and Garlicky Green Beans

with Cheddar-Chive Smashed Sweet Potatoes

30 Minutes



Ground Beef



Sweet Potato



Green Beans



Garlic



Panko Breadcrumbs



Ketchup



Soy Sauce



Cheddar Cheese,  
shredded



Chives

HELLO MINI MEATLOAFS

*Our individual meatloaves bake up in no time without sacrificing flavour!*

## Start here

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

## Bust Out

Baking sheet, medium bowl, vegetable peeler, colander, measuring spoons, potato masher, aluminum foil, large pot, large non-stick pan

## Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Sweet Potato	340 g	680 g
Green Beans	340 g	680 g
Garlic	6 g	12 g
Panko Breadcrumbs	¼ cup	½ cup
Ketchup	¼ cup	½ cup
Soy Sauce	½ tbsp	1 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Chives	7 g	7 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°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.*

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### Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **potatoes**, **1 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.



### Cook green beans

While **meatloaves** roast, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 1 min. Add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 5-7 min. Season with **salt** and **pepper**.



### Prep

While **sweet potatoes** cook, trim, then halve **green beans**. Peel, then mince or grate **garlic**. Thinly slice **chives**. Combine **beef** with **soy sauce**, **breadcrumbs** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**. (**TIP:** If you prefer a firmer meatloaf, add an egg to the mixture!)



### Finish sweet potatoes

When the **sweet potatoes** are tender, drain and return to the same pot. Using masher, mash in **1 tbsp butter** (dbl for 4 ppl) until creamy. Stir in **cheddar** and **half the chives**. Season with **salt** and **pepper**.



### Roast meatloaves

Divide **beef mixture** in half (divide into quarters for 4 ppl) on a foil-lined baking sheet. Shape **each portion** into 1-inch thick ovals. Spread **ketchup** over tops of **meatloaves**. Roast in the **top** of the oven, until cooked through, 15-17 min.\*\*



### Finish and serve

Divide **cheddar-chive smashed sweet potatoes**, **green beans** and **meatloaves** between plates. Sprinkle **remaining chives** over top.

## Dinner Solved!