



Hello
FRESH



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Italian Meatloaf

with Sun-Dried Tomatoes, Roasted Green Beans and Garlic-Basil Mashed Potatoes

Individual meatloaves aren't just adorable—they're also a major time-saver. Spiked with basil, sundried tomato, and garlic, these meatloaves have taken a decidedly Italian spin. Infusing garlic into melted butter gives mashed potatoes a silky, flavourful finish.

 Prep
40 min

 level 1



Ground Beef



Worcestershire
Sauce



Sun-Dried
Tomatoes



Red Onion



Garlic



Green Beans



Basil



Russet Potato



Italian
Breadcrumbs

Ingredients

Ground Beef		2 pkg (500 g)
Worcestershire Sauce	3) 4)	1 pkg (1 tbsp)
Sun-Dried Tomatoes		½ pkg (56 g)
Red Onion, finely chopped		1 pkg (56 g)
Garlic		2 pkg (20 g)
Basil		1 pkg (14 g)
Russet Potatoes		2
Italian Breadcrumbs	1)	1 pkg (1 cup)
Green Beans, trimmed		2 pkg (340 g)
Butter*	2)	3 tbsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Sulphites/Sulfites
- 4) Fish/Poisson

Tools

2 Baking Sheets, Large Bowl, Medium Pot, Strainer

Nutrition per person Calories: 592 cal | Fat: 24 g | Protein: 34 g | Carbs: 61 g | Fibre: 7 g | Sodium: 725 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat the oven to 400°F. (To bake the meatloaf.) Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Mince or grate the **garlic**. Finely chop the **basil leaves**. Finely chop **½ cup sun-dried tomatoes**.

3



3 Mix the meatloaf: In a large bowl, combine the **beef, sun-dried tomatoes, onion, Worcestershire, breadcrumbs, half the garlic, half the basil** and a large pinch of **salt and pepper**. Mix with your hands until just combined.

4 Prep and bake the meatloaves: Divide the **beef mixture** into 8 equal portions and form each into a mini oval loaf. Arrange on a parchment-lined baking sheet. Bake in the centre of the oven until the meatloaves have cooked through, 18-20 min (**TIP:** Inserting a thermometer into cooked meat should display an internal temperature of 160°F.)

4



5 Boil the potatoes: Meanwhile, peel and dice the **potatoes** into ½-inch cubes. Combine the **potatoes** in medium pot with enough **salted water** to cover. Bring to a boil over high heat, until potatoes are fork-tender, 10-12 min. Drain into a strainer.

6 Bake the beans: Toss the **green beans** on another baking sheet with a drizzle of **oil**. Roast in the centre of oven until just tender and golden, 10-12 min.

7



7 Make the garlic-mashed potatoes: Remove the empty pot from the heat. Add the **butter** and **remaining garlic** and let it warm up in the leftover heat of the pot, 1-2 min. Return the **potatoes** to the pot. Using a potato masher or a fork, mash the potatoes smooth. Season with **salt and pepper**. Sprinkle with **remaining basil**.

8 Finish and serve: Serve the **meatloaf** alongside the **mashed potatoes** and the **roasted green beans**. Enjoy! (If you have any ketchup on hand, serve it as a dipping sauce!)

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