



SEP
2016

Tuscan Meatloaf

with Roasted Green Beans and Rosemary Mashed Potatoes

We're not sure what we like best about this recipe: the flavorful herbs and spices in the ground meat, the fact that individual patties don't take nearly as long as traditional meatloaf to cook, or the silky, melt-in-your-mouth mashed potatoes. We'll let you (or your kids!) make the call.



Prep: 10 min
Total: 35 min



level 1



nut
free



Ground
Beef



Baby Red
Potatoes



Green
Beans



Chicken Stock
Concentrates



Shallots



Rosemary



Garlic



White
Bread



Sour
Cream

Ingredients

	4 People
Ground Beef	20 oz
Baby Red Potatoes	24 oz
Green Beans	12 oz
Chicken Stock Concentrates	2
Shallots	2
Rosemary	¼ oz
Garlic	2 Cloves
White Bread	2 Slices
Sour Cream	4 T
Butter*	2 T
Olive Oil*	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk

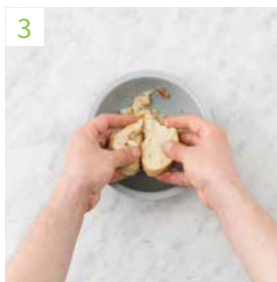
Tools

Large pot, Strainer, Masher, Medium bowl, 2 Baking sheets

Nutrition per person Calories: 582 cal | Fat: 27 g | Sat. Fat: 12 g | Protein: 37 g | Carbs: 48 g | Sugar: 8 g | Sodium: 367 mg | Fiber: 7 g



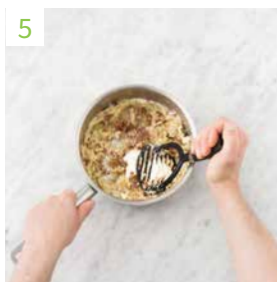
1 Boil the potatoes: **Wash and dry all produce.** Preheat the oven to 425 degrees. Place the **potatoes** in a large pot with a large pinch of **salt** and enough water to cover them. Bring to a boil and cook for about 15 minutes, until fork-tender. Drain and set aside.



2 Prep: Halve, peel, and mince the **shallots**. Mince or grate the **garlic**. Working one at a time, hold each **rosemary sprig** at one end and pull in the opposite direction, to strip the leaves. Trim the long stem end of the **green beans**.



3 Make the meatloaf mixture: In a medium bowl, soak the **bread** with the **stock concentrates** and ½ **cup water**. Break up the bread with your hands until a paste forms. Add the **beef, shallots, half the garlic, half the rosemary**, and a large pinch of **salt** and **pepper** (we used ½ teaspoon kosher salt). Mix with your hands until just combined.



4 Bake the meatloaves and green beans: Form the **meatloaf mixture** into four oval loaves and place on a lightly oiled baking sheet. Place in the oven for about 20 minutes, until cooked through. Toss the **green beans** on another baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast for 10-12 minutes, until shriveled.

5 Mash the potatoes: In the same pot you cooked the **potatoes** in, heat **2 Tablespoons butter**, the remaining **rosemary**, and the remaining **garlic** over medium heat. Cook 30 seconds, until melted and fragrant. Return the potatoes to the pot along with the **sour cream**. Mash with a fork or potato masher until creamy. Season generously with **salt** and **pepper**.

6 Serve: Plate the **rosemary mashed potatoes** before topping with the **roasted green beans** and **Tuscan meatloaf**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

