



MEATLOAF À LA MOM

with Roasted Root Veggies and Thyme Gravy



HELLO

CLASSIC MEATLOAF

When you make them mini, meatloaves are ready in a fraction of the time.

PREP: 15 MIN | **TOTAL: 35 MIN** | **CALORIES: 600**



Garlic



Thyme



Russet Potatoes



Ground Beef



Flour
(Contains: Wheat)



Shallots



Baby Carrots



Panko Breadcrumbs
(Contains: Wheat)



Ketchup



Beef Stock Concentrates

START STRONG

Helping hands always make a difference at dinnertime: let your kids assist with shaping the meatloaves and plating the finished dish (just make sure everyone washes their hands).

BUST OUT

- Grater
- Large bowl
- Peeler
- Baking sheet
- Olive oil (4 tsp)
- Butter (1 TBSP)
(Contains: Milk)
- Medium pan

INGREDIENTS

Ingredient 4-person

- Garlic 4 Cloves
- Shallots 2
- Thyme ½ oz
- Baby Carrots 16 oz
- Russet Potatoes 2
- Panko Breadcrumbs ½ Cup
- Ground Beef 20 oz
- Ketchup 2 TBSP
- Flour 2 TBSP
- Beef Stock Concentrates 2

HELLO WINE



PAIR WITH
Le Rusé Renard Pays d'Oc
Cabernet Franc, 2016
[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Mince or grate **garlic**. Grate one **shallot** into a large bowl. Halve, peel, and mince other shallot. Strip **thyme leaves** from stems; discard stems. Roughly chop leaves. Halve **carrots** lengthwise. Peel **potatoes**, then cut into thin sticks (like French fries).



4 ROAST MEATLOAVES

After **veggies** have roasted 7-8 minutes, remove sheet from oven. Give veggies a toss. Place **meatloaves** on same sheet, then brush tops of loaves with **ketchup**. Return sheet to oven and continue roasting until meatloaves are cooked through, 15-18 minutes more.

TIP: If there isn't enough room on your sheet, you can add the meatloaves to a second sheet.



2 ROAST VEGGIES

Toss **carrots** with a large drizzle of **olive oil** and arrange toward one side of a baking sheet. Toss **potatoes** with a large drizzle of olive oil and arrange toward other side. Season both with **salt** and **pepper**. Roast in oven until tender and browned, 20-25 minutes total (we'll add more to the sheet after 7-8 minutes).



5 MAKE GRAVY

Melt **1 TBSP butter** in a medium pan over medium heat. Add **minced shallot** and remaining **thyme**. Cook, tossing, until softened, 3-4 minutes. Sprinkle **flour** into pan, stirring vigorously to combine. Whisk in **stock concentrates** and **1 cup water**. Bring to a simmer and let bubble until thick and saucy, 3-4 minutes. Season with **salt** and **pepper**.



3 MAKE MEATLOAVES

Add **panko**, **beef**, half the **thyme**, **garlic**, and a few dashes of **salt** and **pepper** to bowl with grated shallot (we used ¾ tsp kosher salt). Gently combine with hands, then shape mixture into four 1-inch-tall loaves.



6 FINISH AND SERVE

Slice **meatloaves** crosswise and divide between plates. Arrange **veggies** to the side. Spoon **gravy** over meatloaves and serve.

FRESH TALK

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