



20-MIN MEAL

MEATLOAF BURGERS

with Barbecue Sauce and a Pepita Salad



HELLO

MEATLOAF BURGER

Blending meatloaf seasonings and mix-ins with beef makes patties that are moist and flavorful.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 870



Ground Beef



Parmesan Cheese
(Contains: Milk)



Ketchup



Red Onion



Spring Mix
Lettuce



Pepitas



Panko Breadcrumbs
(Contains: Wheat)



Meatloaf
Mix Blend



Onion Buns
(Contains: Wheat, Milk, Eggs)



Lemon



Barbecue Sauce

START STRONG

Sprinkle a little water on your hands before shaping the patties in step 1. This will help the meat stick together and not to your palms and fingers.

BUST OUT

- Large pan
- 2 Medium bowls
- Baking sheet
- Oil (1 tsp | 2 tsp)
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------------|-----------------|
| • Ground Beef | 10 oz 20 oz |
| • Panko Breadcrumbs | ¼ Cup ½ Cup |
| • Parmesan Cheese | ¼ Cup ½ Cup |
| • Meatloaf Mix Blend | 1 TBSP 2 TBSP |
| • Ketchup | 2 TBSP 4 TBSP |
| • Red Onion | 1 1 |
| • Lemon | 1 1 |
| • Onion Buns | 2 4 |
| • Spring Mix Lettuce | 2 oz 4 oz |
| • Pepitas | 1 oz 2 oz |
| • Barbecue Sauce | 2 TBSP 4TBSP |

HELLO WINE



PAIR WITH

Come si dice?! Rosso Salento Primitivo, 2015

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1 SHAPE BURGERS

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. Heat a large pan over medium-high heat (use an ovenproof pan if you have one). Combine **beef, panko, Parmesan, meatloaf mix,** and **ketchup** in a medium bowl. Season generously with **salt** and **pepper**. Shape mixture into two ¾-inch-thick patties.



4 TOAST BUNS

Split **buns** in half crosswise. Place on a baking sheet and toast until golden, 3-5 minutes.



2 COOK BURGERS

Once pan is hot, add a drizzle of **oil** to it. Add **burgers** and cook until nicely browned on bottom, 2-3 minutes. Flip burgers, then transfer pan to oven. Bake to desired doneness, 6-8 minutes. **TIP:** If your pan is not ovenproof, transfer burgers to a baking sheet before putting them in the oven.



5 TOSS SALAD

Add **lettuce**, a squeeze or two of **lemon, pepitas,** and **1 TBSP olive oil** to another medium bowl and toss to combine. Season with **salt** and **pepper**.



3 PREP

Trim root and stem ends from **onion** and peel away skin. Cut off a thin sliver from the middle of the onion at the cheek (fattest part), then place on your cutting board with cut side facing down (the cut you made will help the onion stay steady). Slice onion crosswise into thin rounds, then separate rounds into rings. Cut **lemon** into wedges.



6 ASSEMBLE AND SERVE

Fill **buns** with **burgers**, then spread half the **barbecue sauce** onto burgers (use the rest as you like). Top with a few **lettuce leaves** from **salad** and as much **onion** as you like. Serve with remaining salad on the side.

GAME-CHANGER!

Two icons meet in one mashup that's as comforting as can be.

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