

Hello
FRESH



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Pork and Apple Meatloaf

with Creamy Mashed Potatoes and Green Salad

Nothing screams fall more than apples, and nothing pairs better with apples than pork. For this recipe, our chefs chose the Granny Smith variety for its hard, crisp, and slightly tart flesh. When it's shredded and mixed with pork, the result is a deliciously juicy meatloaf your kids will love.



Prep: 10 min
Total: 35 min



level 2



nut
free



Ground
Pork



Potatoes



Spring
Mix



Granny Smith
Apples



Dried
Rosemary



Panko
Breadcrumbs



Celery



Sour
Cream



Shallots



Balsamic
Vinegar

Ingredients

		4 People
Ground Pork		20 oz
Potatoes		24 oz
Spring Mix		4 oz
Granny Smith Apples		2
Dried Rosemary		1 t
Panko Breadcrumbs	1) 2)	½ Cup
Celery		2 Stalks
Sour Cream	3)	4 T
Shallots		2
Balsamic Vinegar		3 T
Butter*	3)	2 T
Olive Oil*		4 t

*Not Included

Allergens

1) Wheat

2) Soy

3) Milk

Tools

Large pot, Strainer, Box grater, 2 Large bowls, Baking sheet, Masher

Nutrition per person Calories: 578 cal | Fat: 27 g | Sat. Fat: 11 g | Protein: 33 g | Carbs: 50 g | Sugar: 14 g | Sodium: 142 mg | Fiber: 8 g

2



1 Boil the potatoes: Wash and dry all produce. Preheat the oven to 425 degrees. Cut the **potatoes** into 1-inch pieces. Place in a large pot with a large pinch of **salt** and enough water to cover. Bring to a boil. Cook about 15 minutes, until fork-tender. Reserve **½ cup cooking liquid**, then drain.

2 Make the meatloaf: Meanwhile, halve and core **1 apple**. Using a box grater, grate the cored apple into a large bowl. Peel and grate the **shallots** into the same bowl. Add the **panko, pork, and rosemary**. Season with **salt** (we used 1½ teaspoons kosher salt) and **pepper**. Thoroughly combine with your hands, and form into four loaves, approximately 1½ inches thick.

3



3 Bake the meatloaf: Place the **loaves** onto a lightly oiled baking sheet. Bake about 18-22 minutes, or until cooked through.

4



4 Make the potatoes: Once the **potatoes** have been drained, heat **2 Tablespoons butter** in the same pot. Return the potatoes to the pot along with the **sour cream**. Mash with a fork or potato masher until smooth, adding as much **cooking liquid** as needed for a creamy consistency. Season generously with **salt** and **pepper**. Cover and set aside.

5 Toss the salad: Thinly slice the **celery** on a diagonal. Core and thinly slice the remaining **apple**. Toss the apple slices, celery, and **spring mix** in a large bowl with a large drizzle of **balsamic vinegar** and **olive oil**. Season with **salt** and **pepper**.

5



6 Plate: Serve the **pork and apple meatloaf** on a bed of **creamy mashed potatoes** with the **green salad** on the side. Enjoy!

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