



# Rosemary Crusted Meatloaf

## with Squash Mash

Calorie Smart

30 Minutes



Ground Beef



Butternut Squash, cubes



Rosemary



Green Beans



Garlic



Panko Breadcrumbs



Yellow Onion



Red Onion



Beef Broth Concentrate



Worcestershire Sauce



Cornstarch



Dijon Mustard

HELLO ROSEMARY

*This woody herb packs a fragrant and savoury punch!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

2 baking sheets, medium bowl, colander, microplane/zester, measuring spoons, potato masher, aluminum foil, small bowl, measuring cups, large pot, large non-stick pan

## Ingredients

|                         | 2 Person | 4 Person |
|-------------------------|----------|----------|
| Ground Beef             | 250 g    | 500 g    |
| Butternut Squash, cubes | 340 g    | 680 g    |
| Rosemary                | 1 sprig  | 2 sprig  |
| Green Beans             | 170 g    | 340 g    |
| Garlic                  | 6 g      | 12 g     |
| Panko Breadcrumbs       | ¼ cup    | ½ cup    |
| Yellow Onion            | 113 g    | 226 g    |
| Red Onion               | 50 g     | 100 g    |
| Beef Broth Concentrate  | 1        | 2        |
| Worcestershire Sauce    | 1 tbsp   | 2 tbsp   |
| Cornstarch              | 1 tbsp   | 2 tbsp   |
| Dijon Mustard           | 2 tbsp   | 4 tbsp   |
| Unsalted Butter*        | 2 tbsp   | 4 tbsp   |
| Oil*                    |          |          |
| Salt and Pepper*        |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

## Contact

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### 1 Prep

Trim, then halve **green beans**. Peel, then mince or grate **garlic**. Strip **rosemary leaves** from the stem, then finely **chop**. Peel, then mince or grate **½ cup red onion** (dbl for 4 ppl). Halve, peel, then thinly slice the **onion**. Stir together the **rosemary** and **mustard** in a small bowl, then set aside.



### 4 Roast green beans

While squash cooks, toss the **green beans** with **½ tbsp oil** (dbl for 4 ppl) on another baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until the **green beans** are tender-crisp, 13-15 min.



### 2 Form and roast meatloaves

Combine **beef** with **red onions**, **panko**, **half the Worcestershire sauce** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**. Divide **beef mixture** in half (divide into quarters for 4 ppl) on a foil-lined baking sheet and form **each portion** into 1-inch thick ovals. Spread **rosemary mustard mixture** over the **meatloaves**. Roast in the **top** of the oven, until cooked through, 15-17 min.\*\*



### 5 Cook onion gravy

While **green beans** roast, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **onions** and **garlic**. Season with **salt**. Cook, stirring occasionally, until slightly softened, 4-5 min. Sprinkle over **cornstarch**. Cook, stirring to coat, 1 min. Add **broth concentrate**, **remaining Worcestershire sauce**, and **¾ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **gravy** thickens slightly, 2-3 min.



### 3 Cook squash

While the **meatloaves** bake, combine **squash**, **1 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



### 6 Finish and serve

When the **squash** is tender, drain and return to the same pot. Add **1 tbsp butter** (dbl for 4 ppl). Using a potato masher, mash together until creamy. Season with **salt** and **pepper**. Divide **meatloaves**, **green beans** and **squash mash** between plates. Spoon **onion gravy** over top.

## Dinner Solved!