



# SPINACH AND TURKEY MEATLOAVES

with Mashed Potatoes and Green Beans



HELLO

## SPINACH MEATLOAVES

The vitamin-A rich veg is mixed right into the meat to give it a hearty boost.

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 600



Yukon Gold Potatoes



Spinach



Milk  
(Contains: Milk)



Ground Turkey



Green Beans



Garlic



White Bread  
(Contains: Wheat)



Mozzarella Cheese  
(Contains: Milk)



Meatloaf Spice Blend



## START STRONG

No need to spend time peeling the potatoes here. The skins not only add texture to the mash, they have bonus nutrients, too.

## BUST OUT

- Large pot
- Large pan
- Large bowl
- Baking sheet
- Olive oil (2 tsp)
- Butter (4 TBSP)  
(Contains: Milk)
- Slotted spoon
- Strainer
- Potato masher

## INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 24 oz
- Garlic 4 Cloves
- Spinach 10 oz
- White Bread 2 Slices
- Milk 2 TBSP + ½ cup
- Mozzarella Cheese 1 Cup
- Ground Turkey 20 oz
- Meatloaf Spice Blend 2 TBSP
- Green Beans 12 oz

## HELLO WINE



PAIR WITH  
Coronet Paso Robles  
Zinfandel, 2015

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## 1 PREHEAT OVEN AND BOIL POTATOES

**Wash and dry all produce.** Preheat oven to 450 degrees. Cut **potatoes** into ½-inch cubes. Place in a large pot with a big pinch of **salt** and enough **water** to cover by 1 inch. Bring to a boil and cook until tender, about 12 minutes total (we'll add more items to the pot after 7 minutes).



## 4 COOK MEATLOAVES AND GREEN BEANS

Place **meatloaves** on a lightly oiled baking sheet. Bake in oven until no longer pink in center, about 15 minutes. About 5 minutes before potatoes are done, add **green beans** to pot. Cook until tender but still crisp, 3-4 minutes. Remove green beans with a slotted spoon and set aside. Season with **salt** and **pepper**. Drain **potatoes** once done, then return to pot.



## 2 PREP AND COOK SPINACH

Thinly slice **garlic**. Heat a drizzle of **olive oil** in a large pan over medium heat. Add garlic and cook until fragrant, about 1 minute. Add **spinach** and toss until wilted, 2-3 minutes. Season with **salt** and **pepper**. Remove spinach from pan and place on a cutting board. Finely chop, then transfer to a large bowl.



## 5 BROIL MEATLOAVES AND MASH POTATOES

Once **meatloaves** are done, heat broiler to high. Broil meatloaves until browned on top, about 4 minutes. Meanwhile, return pot with potatoes to stove over low heat. Add **4 TBSP butter** and **½ cup milk** (you'll have some milk left over). Mash with a potato masher or fork until smooth. Season with **salt** and **pepper**. (**TIP:** Add more milk, if needed, to create a creamy consistency.)



## 3 SHAPE MEATLOAVES

Add **bread** and **2 TBSP milk** (we sent more) to bowl with spinach. Squish everything with your hands until bread turns pasty. Add **mozzarella, turkey, meatloaf spice, salt, and pepper** (we used 1 tsp kosher salt). Thoroughly combine with your hands and shape into four 1-inch-thick meatloaves.



## 6 SERVE

Divide **potatoes, green beans, and meatloaves** between plates and serve.



## SMASH HIT!

All the classic qualities of meatloaf and mash with plenty of veggie goodness to boot.

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