



CREAMY CARAMELIZED ONION MEATLOAVES

with Sumac Roasted Carrots & Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



8 oz | 16 oz
Broccoli Florets



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



1 | 2
Onion



¼ oz | ½ oz
Parsley



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1 | 2
Chicken Stock
Concentrate



1 tsp | 1 tsp
Sumac



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**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

SUMAC

This bright and tart Middle Eastern spice adds a lemony tang to roasted veggies.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 750



SPLISH SPLASH

Splash a little cold water on your hands before forming the meatloaves in step 2. The heat in your hands is what causes the mixture to stick; cooling your hands down will make the mixture hold on to itself rather than on to you.

BUST OUT

- Peeler
- Baking sheet
- Medium bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Olive oil (2 tsp | 2 tsp)
- Sugar (¾ tsp | 1½ tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Cut **broccoli** into bite-size pieces if necessary.



2 FORM MEATLOAVES

- In a medium bowl (**use a large bowl for 4 servings**), gently combine **beef***, **panko**, **garlic powder**, **salt** (**we used ¾ tsp; 1¼ tsp for 4**), and **pepper**.
- Form into two 1-inch-tall loaves (**four loaves for 4**).



3 ROAST LOAVES & CARROTS

- Place **meatloaves** on one side of a **lightly oiled** baking sheet. **TIP: Line sheet with foil first for easier cleanup.**
- Toss **carrots** on empty side with a **large drizzle of olive oil**, **salt**, and **pepper**. (**For 4 servings, use 2 baking sheets; roast meatloaves on middle rack and carrots on top rack.**)
- Roast on top rack until meatloaves are cooked through and carrots are browned and tender, 22-25 minutes. **TIP: Love extra-crispy veggies? Once meatloaves are done, remove from sheet and continue roasting carrots for 2-3 minutes more.**



4 FINISH PREP & COOK VEGGIES

- While everything roasts, halve, peel, and thinly slice **onion**. Pick **parsley leaves** from stems; roughly chop leaves.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **broccoli** and a **pinch of salt**; cook, stirring occasionally, until softened and lightly browned, 5-7 minutes (**7-10 minutes for 4 servings**). Turn off heat; transfer to a plate. Wipe out pan.
- Add a **large drizzle of oil** to same pan over medium-high heat. Add **onion**; cook, stirring occasionally, until browned and softened, 6-9 minutes. **TIP: Lower heat and add a splash of water if onion begins to brown too quickly.**



5 MAKE SAUCE

- Add **cream cheese**, **stock concentrate**, **½ cup water**, and **¾ tsp sugar** (**1½ tsp for 4 servings**) to pan with **onion**; cook until thickened, 1-3 minutes more.
- Turn off heat; stir in **1 TBSP butter** (**2 TBSP for 4**) and a **pinch of chopped parsley**. Taste and season with **salt** and **pepper**.



6 FINISH & SERVE

- Carefully toss **broccoli** and **carrots** together with **half the sumac** (**all for 4 servings**).
- Divide **meatloaves** and **carrots and broccoli** between plates. Spoon **caramelized onion sauce** over meatloaves; garnish with **remaining chopped parsley**. Serve.

*Ground Beef is fully cooked when internal temperature reaches 160°.