



# MAPLE-DIJON PORK MEATLOAVES

with Roasted Brussels Sprouts & Mashed Potatoes

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



8 oz | 16 oz  
Brussels Sprouts



10 oz | 20 oz  
Ground Pork



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



12 ml | 24 ml  
Ponzu Sauce  
Contains: Fish, Soy,  
Wheat



2 TBSP | 4 TBSP  
Maple Syrup



1 tsp | 2 tsp  
Garlic Powder



2 tsp | 4 tsp  
Dijon Mustard



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!

\*The ingredient you received may be a different color.

\*\*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.



## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Ground Beef\*\*

Calories: 760



10 oz | 20 oz  
Organic Ground  
Beef\*\*

Calories: 710



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 720





HELLO

### DIJON MUSTARD

Pungent yet balanced, this classic French condiment adds a flavorful punch to everything.

### BEST SPUDS

Our trick for the smoothest-ever mashed potatoes? Always save some potato cooking liquid and add a few splashes when mashing.

### BUST OUT

- Medium pot
- Large bowl
- Strainer
- Baking sheet
- Potato masher
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 MAKE MASHED POTATOES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces; place in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain. Return potatoes to pot and mash with **sour cream** and **1 TBSP butter (2 TBSP for 4)** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt** and **pepper**.



### 4 ROAST LOAVES & SPROUTS

- Toss **Brussels sprouts** on empty side of baking sheet with a **drizzle of oil, salt, and pepper**. (For 4 servings, toss Brussels sprouts on a second sheet; roast meatloaves on middle rack and Brussels sprouts on top rack.)
- Roast on top rack until meatloaves are mostly cooked through and Brussels sprouts are browned and tender, 20 minutes. **(The meatloaves will finish cooking in the next step; if Brussels sprouts finish first, remove from oven and continue roasting meatloaves.)**



### 2 PREP

- While potatoes cook, trim and halve **Brussels sprouts** lengthwise.



### 5 GLAZE LOAVES

- Meanwhile, in a small bowl, combine **mustard, remaining maple syrup, and remaining garlic powder**. Season with **salt** and **pepper**.
- Once meatloaves and Brussels sprouts have roasted 20 minutes, remove from oven and brush **meatloaves** with **glaze**. Return to oven until glaze is tacky and meatloaves are cooked through, 3-5 minutes more.



### 3 FORM LOAVES

- In a large bowl, combine **pork\***, **panko, ponzu, half the maple syrup, half the garlic powder (you'll use the rest of the syrup and garlic powder later), salt (we used ¾ tsp; 1¼ tsp for 4 servings), and pepper**.
- Form mixture into two 1-inch-tall loaves (**four loaves for 4**).
- Place **meatloaves** on one side of a **lightly oiled** baking sheet. (For 4, spread meatloaves out across entire sheet.) **TIP: Line sheet with foil first for easier cleanup.**

- 🍷 Swap in **beef\*** or **organic beef\*** for pork.



### 6 SERVE

- Divide **meatloaves, Brussels sprouts, and mashed potatoes** between plates. Serve.

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

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