



PORK MEATLOAF PARM

over Spaghetti Marinara

INGREDIENTS

2 PERSON | 4 PERSON



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



10 oz | 20 oz
Ground Pork



1 TBSP | 2 TBSP
Tuscan Heat Spice



5 oz | 10 oz
Marinara Sauce



2 | 4
Veggie Stock Concentrates



1.5 oz | 3 oz
Tomato Paste



6 oz | 12 oz
Spaghetti
Contains: Wheat



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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10 oz | 20 oz
Ground Beef**

Calories: 1100



10 oz | 20 oz
Organic Ground Beef**

Calories: 1050



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 1050



HELLO

MEATLOAF PARM

Marinara sauce, Parmesan, and a crispy, cheesy panko crust take these pork meatloaves to the next level.

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 onto you.

BUST OUT

- Large pot
- Small bowl
- Large bowl
- Baking sheet
- Strainer
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 6 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1½ tsp | 3 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 MIX PANKO

- Adjust rack to top position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil.
- In a small bowl, combine **panko**, **mozzarella**, and a **large drizzle of olive oil**; season with **salt** and **pepper**.



2 FORM MEATLOAVES

- In a large bowl, combine **pork***, **half the panko mixture**, **half the Tuscan Heat Spice** (you'll use the rest later), and **1 TBSP water** (2 TBSP for 4 servings); season generously with **salt** (we used ½ tsp; 1 tsp for 4) and **pepper**.
- Form **pork mixture** into two 1-inch-tall loaves (**four loaves for 4**); flatten tops. Place on a **lightly oiled** baking sheet.

- 🔄 Swap in **beef*** or **organic beef*** for pork.



3 BAKE MEATLOAVES

- Evenly spread tops of **meatloaves** with **1 TBSP marinara** each (you'll use the rest later). Mound with **remaining panko mixture**, pressing gently to adhere.
- Bake meatloaves on top rack until pork is cooked through and crust is browned and crispy, 22-28 minutes.



4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **¾ cup pasta cooking water** (1½ cups for 4 servings), then drain.



5 MAKE SAUCE

- Heat pot used for pasta over medium-high heat. Add **reserved pasta cooking water**, **tomato paste**, **stock concentrates**, **remaining marinara**, **remaining Tuscan Heat Spice**, **2 tsp olive oil**, **½ tsp salt**, and **1½ tsp sugar** (4 tsp olive oil, 1 tsp salt, and 3 tsp sugar for 4 servings). Bring to a boil, then reduce to a simmer. Cook until slightly thickened, 3-5 minutes.



6 FINISH & SERVE

- Stir drained **spaghetti**, **half the Parmesan**, and **1 TBSP butter** (2 TBSP for 4 servings) into pot with **sauce**. Season generously with **salt** and **pepper**.
- Divide **pasta** between plates and top with **meatloaves**. (TIP: If you prefer, **serve meatloaves on the side instead**.) Sprinkle with remaining Parmesan and serve.

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

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