



ROASTED GARLIC & ONION MEATLOAVES

with Mashed Potatoes & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



8 oz | 16 oz
Broccoli Florets



¼ oz | ½ oz
Parsley



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



2 oz | 4 oz
Roasted Garlic and
Onion Spread



1 | 2
Ketchup



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



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.

HELLO

ROASTED GARLIC & ONION SPREAD

This time-saving umami-rich ingredient stars in both the meatloaf and glaze.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 850



STARCH OF THE SHOW

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
- Small bowl
- 2 Baking sheets
- Potato masher
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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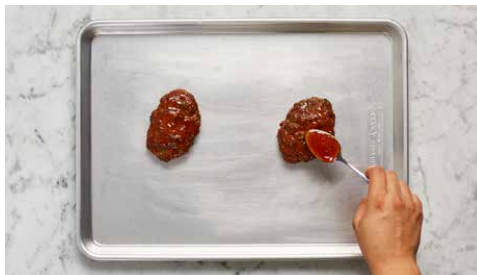
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1 START PREP & COOK POTATOES

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces.
- Place potatoes 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 **1 cup potato cooking liquid (2 cups for 4 servings)**.
- Drain and return potatoes to pot. Keep covered off heat until ready to mash.



4 GLAZE MEATLOAVES

- Meanwhile, place **1 TBSP butter (2 TBSP for 4 servings)** in a small microwave-safe bowl; microwave until melted, 30-60 seconds. Stir in **remaining garlic and onion spread and ketchup**.
- Once meatloaves have roasted 16 minutes, remove sheet from oven. Spoon **garlic onion glaze** over **meatloaves**.
- Return to top rack until meatloaves are cooked through and glaze is tacky, 2-4 minutes more.



2 FINISH PREP & ROAST BROCCOLI

- While potatoes cook, cut **broccoli** into bite-size pieces if necessary. Roughly chop **parsley**.
- Toss broccoli on a baking sheet with a **large drizzle of oil**; season with **salt and pepper**. Roast on middle rack until tender, 15-20 minutes.



5 MASH POTATOES

- Add **sour cream and 1 TBSP butter (2 TBSP for 4 servings)** to pot with **potatoes**; mash with a potato masher or fork until smooth, adding **splashes of reserved potato cooking liquid** as needed. Season with **salt and pepper**.



3 MAKE MEATLOAVES

- In a large bowl, gently combine **beef*, panko, half the garlic and onion spread, half the parsley, salt (we used ¾ tsp; 1½ tsp for 4 servings), and pepper**. Form **beef mixture** into two 1-inch-tall loaves (**four loaves for 4 servings**); place on a second baking sheet.
- Roast **meatloaves** on top rack until browned and mostly cooked through, 16 minutes.



6 SERVE

- Divide **meatloaves, mashed potatoes, and roasted broccoli** between plates in separate sections. Sprinkle everything with **remaining parsley** and serve.

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