



BALSAMIC-GLAZED PORK MEATLOAVES

with Thyme-Roasted Brussels Sprouts & Sweet Potato Jumble

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



8 oz | 16 oz
Brussels Sprouts



1 | 2
Red Onion



1 Clove | 2 Cloves
Garlic



1 tsp | 1 tsp
Dried Thyme



10 oz | 20 oz
Ground Pork



2 tsp | 4 tsp
Dijon Mustard



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



2 | 4
Plum Jam



5 tsp | 10 tsp
Balsamic Vinegar



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

**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

2 PERSON | 4 PERSON

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: 770



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 730



HELLO

PLUM BALSAMIC GLAZE

A little bit sweet, a little bit tangy, and all-around fruit-forward fun

STICKY FINGERS

Splash some cold water on your hands before shaping the meatloaves in Step 3. This will help the mixture hold on to itself rather than to you!

BUST OUT

- 2 Baking sheets
- Large bowl
- Medium pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and halve **Brussels sprouts** lengthwise. Peel and mince or grate **garlic**. Halve and peel **onion**; slice into ½-inch-thick wedges. Finely chop a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Dice **sweet potato** into ½-inch pieces.



4 ROAST LOAVES & VEGGIES

- Once **Brussels sprouts** have roasted 5 minutes, remove sheet from oven. Carefully place **meatloaves** on opposite side of baking sheet.
- On a second baking sheet, toss **sweet potato** and **onion wedges** with a **drizzle of oil, salt, and pepper.**
- Roast Brussels sprouts and meatloaves on top rack and sweet potatoes and onion wedges on middle rack until meatloaves are cooked through and veggies are lightly browned, 18-20 minutes.



2 ROAST BRUSSELS SPROUTS

- Toss **Brussels sprouts** on one side of a baking sheet with a **drizzle of oil, half the thyme (all for 4 servings), salt, and pepper.** Roast on top rack for 5 minutes (you'll add more to the sheet then).



5 MAKE BALSAMIC GLAZE

- While everything roasts, heat a **drizzle of oil** in a medium pan over medium-high heat. Add **remaining chopped onion** and cook, stirring occasionally, until softened, 2-3 minutes.
- Add **vinegar**; cook, stirring occasionally, until liquid has absorbed, 30-60 seconds.
- Stir in ½ cup water (1 cup for 4 servings), **jam, stock concentrate, ¼ tsp salt (½ tsp for 4), and pepper.** Cook, stirring occasionally, until glaze begins to thicken, 4-6 minutes.
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted.



3 MIX & FORM LOAVES

- In a large bowl, combine **pork*, garlic, panko, mustard, half the chopped onion,** 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.

Swap in **beef*** for pork.



6 FINISH & SERVE

- Transfer **meatloaves** to a cutting board and let cool for 1 minute; slice crosswise.
- Divide meatloaves and **veggies** between plates. Spoon **balsamic glaze** over meatloaves and serve.

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

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