



MEATLOAVES WITH A SWEET CHILI GLAZE

plus Sesame Ponzu Broccoli & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 Thumb | 2 Thumbs
Ginger



2 | 4
Scallions



8 oz | 16 oz
Broccoli Florets



1 | 1
Lime



1/2 Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Ground Beef**



1/4 Cup | 1/2 Cup
Panko
Breadcrumbs
Contains: Wheat



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



1 | 2
Ketchup



1 tsp | 2 tsp
Korean Chili
Flakes



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



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



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HelloCustom

2 PERSON | 4 PERSON

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



1 1/4 Cups | 2 1/2 Cups
Brown Rice

Calories: 950



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 830



HELLO

PONZU

A citrusy, umami-packed sauce that's equal parts sweet and tart

GLAZY IN LOVE

While a marinade seasons meat from the start, a glaze is best applied toward the end of cooking (as seen in step 5). A few minutes in the oven will turn the blend of ketchup, sweet soy, spicy chili, and tangy lime into a rich, caramelized layer of goodness.

BUST OUT

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

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **ginger**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Cut **broccoli florets** into bite-size pieces if necessary. Quarter **lime**.



4 ROAST LOAVES & BROCCOLI

- Toss **broccoli** on opposite side of sheet from **meatloaves** with a **drizzle of oil**. (For 4 servings, add broccoli to a second sheet; roast meatloaves on top rack and broccoli on middle rack.)
- Roast on top rack until meatloaves are cooked through and broccoli is browned and tender, 15-18 minutes.



2 COOK RICE

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in a small pot over medium-high heat. Add **half the ginger** and cook until fragrant, 30 seconds.
- Add **rice**, **¾ cup water** (1½ cups for 4), and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

- Swap in **brown rice** for jasmine rice; use **1¾ cups water** (3½ cups for 4). Cook until tender, 20-25 minutes. Keep covered off heat until ready to serve. (Save **jasmine rice** for another use.)



5 GLAZE MEATLOAVES

- Meanwhile, in a small bowl, combine **sweet soy glaze**, **ketchup**, a **squeeze of lime juice** to taste, and a **pinch of chili flakes** to taste.
- In the last 2-3 minutes of roasting, remove baking sheet from oven; brush tops of meatloaves with **1 TBSP glaze mixture** each. (For 4 servings, leave **broccoli** roasting while you **glaze meatloaves**.) **TIP: Save any remaining glaze mixture for serving.**
- Return to oven until glaze is tacky.



3 FORM MEATLOAVES

- While rice cooks, in a large bowl, combine **beef***, **scallion whites**, **panko**, **remaining ginger**, **salt** (we used ¾ tsp; 1¼ tsp for 4 servings), and **pepper**. Gently combine, then form into two 1-inch-tall loaves. (For 4, **form beef mixture into four loaves and spread out across a baking sheet.**)
- Place loaves on one side of a baking sheet.



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**. Toss **broccoli** with **ponzu** and **half the sesame seeds**.
- Divide rice, broccoli, and **meatloaves** between plates. Drizzle meatloaves with any **remaining glaze mixture**. Garnish with **scallion greens**, remaining sesame seeds, and as many **chili flakes** as you like. Serve with any **remaining lime wedges** on the side.

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