



# 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 Beef\*\*



**1 TBSP | 2 TBSP**  
Tuscan Heat  
Spice



**14 oz | 28 oz**  
Marinara Sauce



**6 oz | 12 oz**  
Spaghetti  
Contains: Wheat



**3 TBSP | 6 TBSP**  
Parmesan Cheese  
Contains: Milk



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\*\*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

## MEATLOAF PARM

Marinara, Parmesan, and a crispy, cheesy panko crust make these beefy meatloaves next-level.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 1120



## SPLISH SPLASH

Splash a little water on your hands before shaping the meatloaves in step 2. This will keep the mixture sticking to itself and not to your fingers.

## BUST OUT

- Large pot
- Small bowl
- Large bowl
- Baking sheet
- Strainer
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1 tsp | 1 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**.



### 4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **¼ cup pasta cooking water** (**½ cup for 4 servings**), then drain.



### 2 FORM MEATLOAVES

- In a large bowl, combine **beef\***, **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 **beef mixture** into two 1-inch-tall loaves (**four loaves for 4**). Flatten tops. Place on a **lightly oiled** baking sheet.



### 5 MAKE SAUCE

- Heat pot used for pasta over medium-high heat. Add **remaining marinara sauce**, **remaining Tuscan Heat Spice**, **1 tsp sugar**, and **reserved pasta cooking water**. Bring to a boil, then reduce to a simmer. Cook until slightly thickened, 3-5 minutes.



### 3 BAKE MEATLOAVES

- Spoon a **thin layer of marinara sauce** (you'll use the rest later) over tops of **meatloaves**; mound with **remaining panko mixture** and press gently to adhere.
- Bake meatloaves on top rack until beef is cooked through and crust is browned and crispy, 22-28 minutes.



### 6 FINISH & SERVE

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

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