

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz Potatoes*



1½ TBSP | 3 TBSP Sour Cream Contains: Milk



8 oz | 16 oz Brussels Sprouts



10 oz | 20 oz Ground Pork



¼ Cup | ½ Cup Panko Breadcrumbs Contains: Wheat



12 ml | 24 ml Ponzu Sauce Contains: Fish, Soy, Wheat



2 TBSP | 4 TBSP Maple Syrup



1 tsp | 2 tsp Garlic Powder



2 tsp | 4 tsp Dijon Mustard



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.



HelloCustom

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



10 oz | 20 oz S Ground Beef**



10 oz | 20 oz Organic Ground Beef**



G Calories: 710

MAPLE-DIJON PORK MEATLOAVES

with Roasted Brussels Sprouts & Mashed Potatoes



PREP: 5 MIN COOK: 40 MIN CALORIES: 720



HELLO

DIJON MUSTARD

Pungent yet balanced, this classic French condiment adds a flavorful punch to everything.

BEST SPUDS

Our trick for the smoothestever mashed potatoes? Always save some potato cooking liquid and add a few splashes when mashing.

BUST OUT

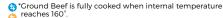
- Medium pot
- Large bowl
- Strainer
- Baking sheet
- Potato masher
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

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





1 MAKE MASHED POTATOES

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Dice potatoes into ½-inch pieces; place 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 ½ cup potato cooking liquid, then drain. Return potatoes to pot and mash with sour cream and 1 TBSP butter (2 TBSP for 4) until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with salt and pepper.



2 PREP

• While potatoes cook, trim and halve **Brussels sprouts** lengthwise.



3 FORM LOAVES

- In a large bowl, combine pork*, panko, ponzu, half the maple syrup, half the garlic powder (you'll use the rest of the syrup and garlic powder later), salt (we used ¾ tsp; 1¼ tsp for 4 servings), and pepper.
- Form mixture into two 1-inch-tall loaves (four loaves for 4).
- Place meatloaves on one side of a lightly oiled baking sheet. (For 4, spread meatloaves out across entire sheet.) TIP: Line sheet with foil first for easier cleanup.
- Swap in **beef*** or **organic beef*** for pork.



4 ROAST LOAVES & SPROUTS

- Toss Brussels sprouts on empty side of baking sheet with a drizzle of oil, salt, and pepper. (For 4 servings, toss Brussels sprouts on a second sheet; roast meatloaves on middle rack and Brussels sprouts on top rack.)
- Roast on top rack until meatloaves are mostly cooked through and Brussels sprouts are browned and tender,
 20 minutes. (The meatloaves will finish cooking in the next step; if Brussels sprouts finish first, remove from oven and continue roasting meatloaves.)



5 GLAZE LOAVES

- Meanwhile, in a small bowl, combine mustard, remaining maple syrup, and remaining garlic powder. Season with salt and pepper.
- Once meatloaves and Brussels sprouts have roasted 20 minutes, remove from oven and brush meatloaves with glaze. Return to oven until glaze is tacky and meatloaves are cooked through, 3-5 minutes more.



6 SERVE

 Divide meatloaves, Brussels sprouts, and mashed potatoes between plates. Serve.