



MAPLE-DIJON PORK MEATLOAVES

with Roasted Brussels Sprouts & Mashed Potatoes

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
Ground Beef**

Calories: 760



10 oz | 20 oz
Organic Ground
Beef**

Calories: 710



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 smoothest-ever 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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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**.



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.)



2 PREP

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



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.



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.



6 SERVE

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

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

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