



MEATLOAVES WITH CREAMY THYME SAUCE

plus Garlic Mashed Potatoes & Brussels Sprouts

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 | 2
Shallot



8 oz | 16 oz
Brussels Sprouts



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



¼ oz | ¼ oz
Thyme



1 | 2
Beef Stock
Concentrate



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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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

2 PERSON | 4 PERSON

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



8 oz | 16 oz
Broccoli Florets

Calories: 800



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 820



HELLO

THYME

This fragrant herb adds an earthy touch to creamy pan sauce.

CRISPY BUSINESS

Try arranging your Brussels sprouts cut sides down in Step 3. This will give them more surface area for browning, resulting in crispier sprouts!

BUST OUT

- Large pot
- Baking sheet
- Strainer
- Medium pan
- Large bowl
- Potato masher
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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



1 START PREP & COOK POTATOES

- Adjust rack to top position (**middle and top positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Halve and peel **shallot**; thinly slice one half and mince remaining. Trim and halve **Brussels sprouts** lengthwise.
- Place potatoes in a large 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 and return potatoes to pot.

- 🔄 Cut **broccoli florets** into bite-size pieces if necessary.



4 FINISH PREP & MAKE SAUCE

- While everything roasts, strip **thyme leaves** from stems; finely chop leaves until you have ½ tsp (**1 tsp for 4 servings**).
- Heat a **drizzle of oil** in a medium pan over medium-high heat. Add **chopped thyme** and **sliced shallot**; season with **salt** and **pepper**. Cook, stirring, until softened, 2-4 minutes.
- Stir in **stock concentrate** and **¼ cup water** (**½ cup for 4**). Bring to a boil, then reduce to a low simmer. Cook until slightly thickened, 2-3 minutes.
- Turn off heat. Stir in **half the sour cream** (**you'll use the rest in the next step**) and **1 TBSP butter** (**2 TBSP for 4**) until melted and combined. Season with **salt** and **pepper**.



2 FORM MEATLOAVES

- While potatoes cook, in a large bowl, combine **beef***, **panko**, **minced shallot**, **half the garlic powder** (**you'll use the rest later**), and **1 TBSP water** (**2 TBSP for 4 servings**); season generously with **salt** and **pepper**.
- Form mixture into two 1-inch-tall loaves (**four loaves for 4**).



5 MASH POTATOES

- Heat pot with drained **potatoes** over low heat; add **remaining sour cream**, **remaining garlic powder**, and **1 TBSP butter** (**2 TBSP for 4 servings**).
- Mash until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed. Season with **salt** and **pepper**.



3 ROAST LOAVES & SPROUTS

- Place **meatloaves** on one side of a **lightly oiled** baking sheet. **TIP: Line sheet with foil first for easier cleanup.**
- Toss **Brussels sprouts** on empty side with a **drizzle of oil**; season generously with **salt** and **pepper**.
- Roast on top rack until meatloaves are cooked through and Brussels sprouts are browned and tender, 15-20 minutes. (**For 4 servings, use 2 baking sheets; roast meatloaves on middle rack and Brussels sprouts on top rack.**) **TIP: If Brussels sprouts finish first, remove from sheet and continue roasting meatloaves.**

- 🔄 Swap in **broccoli** for Brussels sprouts.



6 SERVE

- If necessary, reheat pan with **sauce** over low heat; stir until warmed through.
- Divide **meatloaves**, **mashed potatoes**, and **Brussels sprouts** between plates. Spoon sauce over meatloaves and serve.