



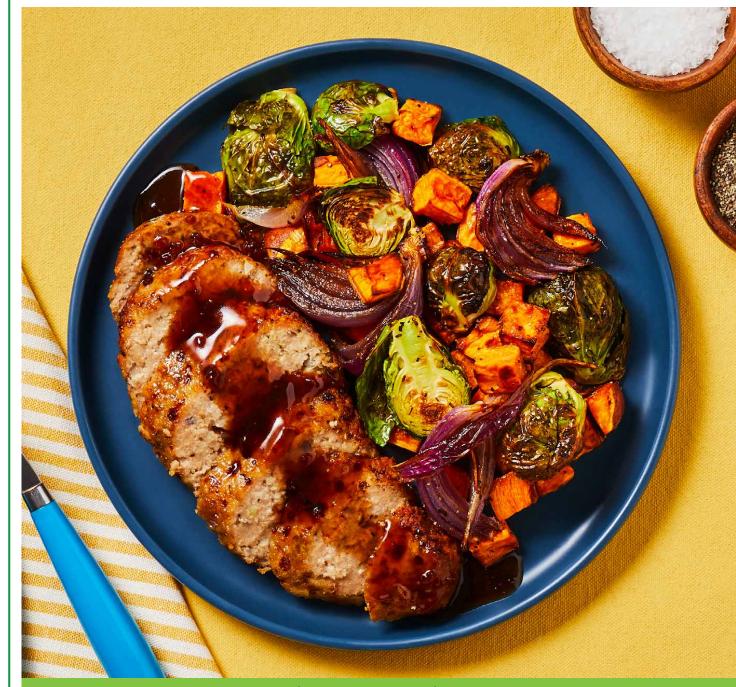
2 PERSON | 4 PERSON

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BALSAMIC-GLAZED PORK MEATLOAVES

with Thyme-Roasted Brussels Sprouts & Sweet Potato Jumble



PREP: 10 MIN COOK: 40 MIN CALORIES: 730



HELLO

PLUM BALSAMIC GLAZE

A little bit sweet, a little bit tangy, and all-around fruit-forward fun

STICKY FINGERS

Splash some cold water on your hands before shaping the meatloaves in Step 3. This will help the mixture hold on to itself rather than to you!

BUST OUT

- 2 Baking Medium pan sheets
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

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

1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. Wash and dry produce.
- Trim and halve **Brussels sprouts** lengthwise. Peel and mince or grate **garlic**. Halve and peel **onion**; slice into ½-inch-thick wedges. Finely chop a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Dice **sweet potato** into ½-inch pieces.



2 ROAST BRUSSELS SPROUTS

Toss Brussels sprouts on one side of a baking sheet with a drizzle of oil, half the thyme (all for 4 servings), salt, and pepper. Roast on top rack for 5 minutes (you'll add more to the sheet then).



3 MIX & FORM LOAVES

- In a large bowl, combine pork*, garlic, panko, mustard, half the chopped onion, and 1 TBSP water (2 TBSP for 4 servings); season generously with salt (we used ½ tsp; 1 tsp for 4) and pepper.
- Form pork mixture into two 1-inch-tall loaves (four loaves for 4); flatten tops.

Swap in **beef*** for pork.



4 ROAST LOAVES & VEGGIES

- Once Brussels sprouts have roasted 5 minutes, remove sheet from oven. Carefully place meatloaves on opposite side of baking sheet.
- On a second baking sheet, toss **sweet potato** and **onion wedges** with a **drizzle of oil**, **salt**, and **pepper**.
- Roast Brussels sprouts and meatloaves on top rack and sweet potatoes and onion wedges on middle rack until meatloaves are cooked through and veggies are lightly browned, 18-20 minutes.



5 MAKE BALSAMIC GLAZE

- While everything roasts, heat a drizzle of oil in a medium pan over mediumhigh heat. Add remaining chopped onion and cook, stirring occasionally, until softened, 2-3 minutes.
- Add vinegar; cook, stirring occasionally, until liquid has absorbed, 30-60 seconds.
- Stir in ½ cup water (1 cup for 4 servings), jam, stock concentrate, ¼ tsp salt (½ tsp for 4), and pepper. Cook, stirring occasionally, until glaze begins to thicken, 4-6 minutes.
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted.



6 FINISH & SERVE

- Transfer **meatloaves** to a cutting board and let cool for 1 minute; slice crosswise.
- Divide meatloaves and **veggies** between plates. Spoon **balsamic glaze** over meatloaves and serve.



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