



# MEATLOAF À LA MOM

with Potato Wedges, Broccoli & Gravy

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 1  
Onion



1 Clove | 2 Cloves  
Garlic



¼ oz | ½ oz  
Parsley



10 oz | 20 oz  
Ground Beef\*\*



1 Slice | 2 Slices  
White Bread  
Contains: Soy, Wheat



1 | 1  
Ketchup



8 oz | 16 oz  
Broccoli Florets



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



1 | 2  
Beef Stock  
Concentrate



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

2 PERSON | 4 PERSON

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



10 oz | 20 oz  
Organic Ground Beef\*\* Calories: 620



PREP: 15 MIN | COOK: 45 MIN | CALORIES: 670



# HELLO FRESH

## HELLO

### GRAVY

You'll make a roux by cooking flour with butter for a rich, silky gravy.

### SMOOTH MOVES

Make sure to start stirring the flour as soon as it goes into the pan in step 5. This will help eliminate any lumps.

### BUST OUT

- 2 Baking sheets
- Medium pan
- Large bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (½ TBSP | 1 TBSP)  
Contains: Milk

### GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



### 1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Peel and mince **garlic**. Halve, peel, and mince **half the onion (whole onion for 4 servings)**. Roughly chop **parsley**. Cut **broccoli** into bite-size pieces if necessary.



### 2 ROAST POTATOES

- Toss **potatoes** on a baking sheet with a **drizzle of oil, salt, and pepper.**
- Roast on top rack until browned and tender, 20-25 minutes.



### 3 FORM MEATLOAVES

- Meanwhile, in a large bowl, soak **bread** with **2 TBSP water (4 TBSP for 4 servings)**; break up with your hands until pasty. Combine **beef\***, **garlic**, **half the minced onion**, **half the parsley**, **salt (we used ¾ tsp; 1½ tsp for 4)**, and **pepper**. Gently combine, then form into two 1-inch-tall loaves (**four loaves for 4**). Arrange on one side of a second baking sheet.
- Brush tops of **meatloaves** with **half the ketchup (all for 4)**.



Swap in **organic beef\*** for beef.



### 4 ROAST BROCCOLI & LOAVES

- Toss **broccoli** on opposite side of sheet from **meatloaves** with a **drizzle of oil, salt, and pepper.**
- Roast on middle rack until broccoli is tender and meatloaves are cooked through, 15-20 minutes. **TIP: If broccoli finishes first, remove from sheet and continue roasting meatloaves.**



### 5 MAKE GRAVY

- Meanwhile, melt **½ TBSP butter (1 TBSP for 4 servings)** in a medium pan over medium heat. Add **remaining minced onion**; cook, stirring, until softened, 3-4 minutes.
- Sprinkle with **flour**; stir vigorously to combine. Whisk in **stock concentrate** and **½ cup water (1 cup for 4)**. Bring to a simmer and cook until thickened and saucy, 3-4 minutes.
- Stir in **remaining parsley**; season with **salt and pepper.**



### 6 FINISH & SERVE

- Slice **meatloaves** crosswise.
- Divide meatloaves, **potato wedges**, and **broccoli** between plates. Spoon **gravy** over meatloaves and serve.



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