



COZY SPICED-UP MEATLOAVES & GRAVY

with Mashed Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 | 2
Onion



¼ oz | ½ oz
Parsley



2 Cloves | 4 Cloves
Garlic



6 oz | 12 oz
Green Beans



10 oz | 20 oz
Ground Beef**



½ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 TBSP | 2 TBSP
Warming Spice
Blend



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



1 TBSP | 2 TBSP
Flour
Contains: Wheat



1 | 2
Chicken 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.

HELLO

WARMING SPICE BLEND

This is the one you think of when you hear the word “cozy”—we’re talking zingy cinnamon and a hint of aromatic nutmeg.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 840



HELLO FRESH

EASY DOES IT

When forming your loaves in Step 3, try not to overwork the meat. Gentle shaping is key to maintaining juiciness.

BUST OUT

- Medium pot
- Potato masher
- Strainer
- Medium pan
- Large bowl
- Whisk
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp** | **2 tsp**)
- Butter (**3 TBSP** | **6 TBSP**)
Contains: Milk



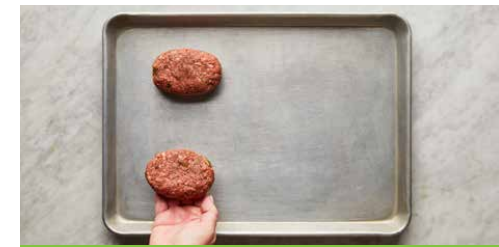
1 START PREP & BOIL POTATOES

- 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 potatoes in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 10-12 minutes. Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Keep covered off heat until ready to mash in Step 5.



2 FINISH PREP

- While potatoes cook, peel and mince or grate **garlic**. Halve, peel, and cut **onion** into ½-inch-thick wedges; mince a couple wedges until you have 2 TSBP (**4 TBSP for 4 servings**). Roughly chop **parsley**. Trim **green beans** if necessary.



3 FORM MEATLOAVES

- In a large bowl, gently combine **beef***, **panko**, **garlic**, **Warming Spice Blend**, **half the minced onion**, **half the parsley**, **salt** (*we used ¾ tsp; 1½ tsp for 4 servings*), and **pepper**. Form into two 1-inch-tall loaves (**four loaves for 4**).
- Place **meatloaves** on one side of a **lightly oiled** baking sheet. (**For 4, arrange meatloaves across entire sheet.**)
- Bake on top rack for 8 minutes (*they'll finish cooking in the next step*).



4 ROAST MEATLOAVES & VEGGIES

- Once **meatloaves** have baked 8 minutes, remove sheet from oven. Carefully toss **green beans** and **onion wedges** on opposite side of sheet with a **drizzle of oil**, **salt**, and **pepper**. (**For 4 servings, leave meatloaves roasting; toss veggies on a second sheet and roast on middle rack.**)
- Return sheet to top rack and roast until meatloaves are cooked through and veggies are tender and browned, 10-12 minutes more.



5 MASH POTATOES

- Meanwhile, return pot with **drained potatoes** to low heat. Mash with **sour cream** and **2 TBSP butter** (**4 TBSP for 4 servings**) until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed. Season with **salt** and **pepper**.



6 MAKE GRAVY

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a medium pan over medium heat. Add **remaining minced onion**: cook, stirring, until softened, 1-2 minutes.
- Sprinkle with **flour** and whisk vigorously to combine. Whisk in **stock concentrate** and **1 cup water** (**1½ cups for 4**). Bring to a simmer and cook until thickened, 2-3 minutes more.
- Remove from heat; stir in **remaining parsley** and season with **salt** and **pepper**. **TIP: Add an additional splash of water if needed to reach desired consistency.**



7 FINISH & SERVE

- Slice **meatloaves** crosswise.
- Divide meatloaves, **mashed potatoes**, and **roasted veggies** between plates in separate sections. Spoon **gravy** over meatloaves and mashed potatoes and serve.

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