



HELLO
FRESH

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 2
Zucchini



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Contains: Wheat



1 tsp | 2 tsp
Garlic Powder



1 | 2
Onion



¼ oz | ½ oz
Parsley



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1 | 2
Chicken Stock Concentrate



1 tsp | 1 tsp
Sumac



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

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



8 oz | 16 oz
↳ Broccoli
↳ Calories: 720



8 oz | 16 oz
↳ Brussels Sprouts
↳ Calories: 720

CREAMY CARAMELIZED ONION MEATLOAVES

with Sumac Roasted Carrots & Zucchini



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



HELLO FRESH

HELLO

SUMAC

This bright and tart Middle Eastern spice adds a lemony tang to roasted veggies.

SPLISH SPLASH

Splash a little cold water on your hands before forming the meatloaves in step 2. The heat in your hands is what causes the mixture to stick; cooling your hands down will make the mixture hold on to itself rather than on to you.

BUST OUT

- Peeler
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
- Olive oil (2 tsp | 2 tsp)
- Sugar (¾ tsp | 1½ tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk
- Baking sheet
- Large pan

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to [HelloFresh.com](#).

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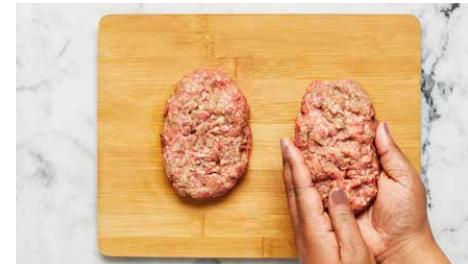
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*Ground Beef is fully cooked when internal temperature reaches 160°.



1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **zucchini** lengthwise; slice crosswise into 1-inch-thick half-moons.
- **Cut broccoli** into bite-size pieces if necessary or trim and halve **Brussels sprouts** lengthwise. **(Save carrots for another use.)**



2 FORM MEATLOAVES

- In a medium bowl (use a large bowl for 4 servings), gently combine **beef*, panko, garlic powder, salt** (we used ¾ tsp; 1¼ tsp for 4), and **pepper**.
- Form into two 1-inch-tall loaves (**four loaves for 4**).



3 ROAST LOAVES & CARROTS

- Place **meatloaves** on one side of a **lightly oiled** baking sheet. **TIP:** Line sheet with foil first for easier cleanup.
- Toss **carrots** on empty side with a **large drizzle of olive oil, salt, and pepper.** (For 4 servings, use 2 baking sheets; roast meatloaves on middle rack and carrots on top rack.)
- Roast on top rack until meatloaves are cooked through and carrots are browned and tender, 22-25 minutes. **TIP:** Love extra-crispy veggies? Once meatloaves are done, remove from sheet and continue roasting carrots for 2-3 minutes more.

- **Roast meatloaves** on top rack for 5 minutes (**skip roasting carrots!**), then remove sheet from oven. Swap in **broccoli** or **Brussels sprouts** for carrots; carefully toss as instructed. Roast 15-20 minutes more.



4 FINISH PREP & COOK VEGGIES

- While everything roasts, halve, peel, and thinly slice **onion**. Pick **parsley leaves** from stems; roughly chop leaves.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini**; cook, stirring, until softened and lightly browned, 5-7 minutes (**7-10 minutes for 4 servings**). Turn off heat; transfer to a plate. Wipe out pan.
- Add a **large drizzle of oil** to same pan over medium-high heat. Add **onion**; cook, stirring occasionally, until browned and softened, 6-9 minutes. **TIP:** Lower heat and add a splash of water if onion begins to brown too quickly.



5 MAKE SAUCE

- Add **cream cheese, stock concentrate, ½ cup water, and ¾ tsp sugar** (1½ tsp for 4 servings) to pan with **onion**; cook until thickened, 1-3 minutes more.
- Turn off heat; stir in **1 TBSP butter** (2 TBSP for 4) and a **pinch of chopped parsley**. Taste and season with **salt** and **pepper**.



6 FINISH & SERVE

- Carefully toss **zucchini** and **carrots** together with **half the sumac** (all for 4 servings).
- Divide **meatloaves** and **carrots and zucchini between plates**. Spoon **caramelized onion sauce** over meatloaves; garnish with **remaining chopped parsley**. Serve.