



SHEET PAN ITALIAN PORK MEATLOAVES

with Balsamic-Glazed Zucchini Medley, Herbed Ricotta & Garlic Bread

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



9 oz | 18 oz
Carrots



1 | 2
Ketchup



5 tsp | 10 tsp
Balsamic Glaze



10 oz | 20 oz
Ground Pork



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



1 TBSP | 1 TBSP
Italian Seasoning



1 tsp | 2 tsp
Garlic Powder



4 oz | 8 oz
Ricotta Cheese
Contains: Milk



1 | 2
Ciabatta
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?
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THERE TOO. SCAN HERE TO GET HELP!

*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
Ground Beef**

Calories: 920



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 910



HELLO

BALSAMIC GLAZE

Drizzled over savory roasted veggies for a tangy-sweet contrast

STICKY FINGERS

Splash some cold water on your hands before shaping the meatloaves in Step 2. This will help the mixture hold on to itself rather than to you!

BUST OUT

- Baking sheet
- Aluminum foil
- Peeler
- Large bowl
- Small bowl

- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Olive oil (2 tsp | 2 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

MORE IS MORE

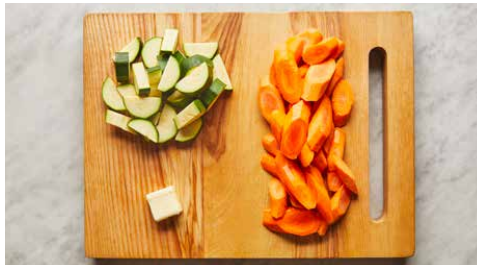
If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Bring 1 TBSP butter (2 TBSP for 4) to room temperature. Line a baking sheet with foil and lightly oil.
- Wash and dry produce.
- Trim and halve zucchini lengthwise; slice crosswise into 1/2-inch-thick half-moons. Trim, peel, and cut carrots on a diagonal into 1/2-inch-thick pieces (halve any larger carrots lengthwise first).



4 MIX RICOTTA & FINISH LOAVES

- Meanwhile, in a small bowl, combine ricotta, 1 tsp Italian Seasoning, and a large drizzle of olive oil. Season with salt and pepper.
- Once meatloaves have roasted 20 minutes, remove sheet from oven. Carefully brush meatloaves with remaining ketchup mixture. Return to top rack until meatloaves are cooked through, glaze is tacky, and veggies are browned and tender, 4-5 minutes more. TIP: If veggies are done before meatloaves, remove from sheet and continue roasting meatloaves.



2 FORM LOAVES & MAKE GLAZE

- In a large bowl, gently combine pork*, panko, stock concentrate, half the garlic powder, 1/2 tsp Italian Seasoning (1 tsp for 4 servings), salt (we used 3/4 tsp; 1 1/2 tsp for 4), and pepper. (You'll use more of the Italian Seasoning and garlic powder later.)
- Form mixture into two 1-inch-tall loaves (four loaves for 4) and place on one side of prepared baking sheet. (For 4, arrange meatloaves across entire sheet.)
- Wash and dry bowl used for meatloaf mixture. In same bowl, combine ketchup and half the balsamic glaze (save the rest of the balsamic glaze for serving).

Swap in beef* for pork.



5 MAKE GARLIC BREAD

- Halve ciabatta crosswise and toast.
- Spread cut sides of ciabatta with softened butter; season with remaining garlic powder, salt, and pepper. Halve garlic bread on a diagonal.



3 ROAST MEATLOAVES & VEGGIES

- Brush meatloaves with half the ketchup mixture (you'll use the rest later).
- Toss zucchini and carrots on empty side of baking sheet with a large drizzle of oil, 1/2 tsp Italian Seasoning (1 tsp for 4 servings), a big pinch of salt, and pepper. (For 4, toss zucchini and carrots on a second baking sheet.)
- Roast on top rack for 20 minutes (you'll finish cooking the meatloaves and veggies in the next step). (For 4, roast meatloaves on middle rack and veggies on top rack.)



6 SERVE

- Spread ricotta on one side of each plate; pile veggies over top and drizzle with as much remaining balsamic glaze as you like. Divide meatloaves between plates and serve garlic bread on the side.

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

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