



MEATLOAVES WITH A SWEET CHILI GLAZE

with Sesame Ponzu Green Beans & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 Thumb | 2 Thumbs
Ginger



1 | 1
Lime



6 oz | 12 oz
Green Beans



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



4 TBSP | 8 TBSP
Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



1 | 2
Ketchup



1 tsp | 2 tsp
Korean Chili
Flakes



6 ml | 12 ml
Ponzu Sauce
Contains: Fish,
Soy, Wheat



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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.



12 oz | 24 oz
Cauliflower Rice

Calories: 740



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 820



HELLO FRESH

HELLO

PONZU

A citrusy soy sauce that's equal parts sweet and tart

GLAZY IN LOVE

A few minutes in the oven will turn this blend of ketchup, sweet soy, spicy chili, and lime into a rich, caramelized layer.

BUST OUT

- Small pot
- Large bowl
- Baking sheet
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
(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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Ground Beef is fully cooked when internal temperature reaches 160.



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **ginger**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Trim **green beans** if necessary. Quarter **lime**.



4 ROAST LOAVES & BEANS

- Toss **green beans** on opposite side of sheet from **meatloaves** with a **drizzle of oil**. (For 4 servings, add green beans to a second baking sheet; roast meatloaves on top rack and green beans on middle rack.)
- Roast on top rack until meatloaves are cooked through and green beans are browned and tender, 15-18 minutes. **TIP: Green beans may finish first. If so, remove from sheet and continue roasting meatloaves.**



2 COOK RICE

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a small pot over medium-high heat. Add **half the ginger** and cook until fragrant, 30 seconds.
- Add **rice, ¾ cup water (1½ cups for 4)**, and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.

- 💰 Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **cauliflower rice (no need to drain)**, **half the ginger**, and a **large pinch of salt and pepper**. Cook, stirring occasionally, until tender, 6-8 minutes. Turn off heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted. (Save **jasmine rice for another use.**)



5 GLAZE LOAVES

- Meanwhile, in a small bowl, combine **sweet soy glaze, ketchup, a squeeze of lime juice** to taste, and a **pinch of chili flakes** to taste.
- In the last 2-3 minutes of roasting, remove baking sheet from oven; carefully brush tops of meatloaves with **1 TBSP glaze mixture** each. (For 4 servings, leave **green beans roasting while you glaze the meatloaves.**) **TIP: Save any remaining glaze mixture for serving.**
- Return to oven until glaze is tacky.



3 FORM LOAVES

- While rice cooks, in a large bowl, combine **beef*, scallion whites, panko, remaining ginger, salt (we used ¾ tsp)**, and **pepper**. (For 4 servings, use **1¼ tsp salt**.) Gently combine, then form into two 1-inch-tall loaves. Place on one side of a baking sheet. (For 4, form beef mixture into four loaves and spread out across entire sheet.)



6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt and pepper**. Toss **green beans** with **ponzu** and **half the sesame seeds**.
- Divide rice, green beans, and **meatloaves** between plates. Drizzle meatloaves with any **remaining glaze mixture**. Garnish with **scallion greens**, remaining sesame seeds, and as many **chili flakes** as you like. Serve with any **remaining lime wedges** on the side.

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