



# CHEESY MEXICAN-SPICED MEATLOAVES

with Cumin Rice, Pico de Gallo & Guacamole

## INGREDIENTS

2 PERSON | 4 PERSON



1 tsp | 1 tsp  
Cumin



1/2 Cup | 1 Cup  
White Rice



1 | 2  
Chicken Stock  
Concentrate



10 oz | 20 oz  
Ground Beef\*\*



1/4 Cup | 1/2 Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 TBSP | 2 TBSP  
Mexican Spice  
Blend



1/2 Cup | 1 Cup  
Mexican Cheese  
Blend  
Contains: Milk



4 oz | 8 oz  
Pico de Gallo



4 TBSP | 8 TBSP  
Guacamole



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.

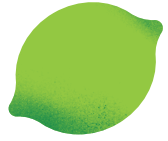
### HELLO

### CUMIN

This spice has a deeply earthy flavor that's perfect for adding delicious complexity to rice.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 860



# HELLO FRESH

## EASY DOES IT

Splash a little cold water on your hands before shaping the loaves. This will help the beef hold on to itself rather than to you.

## BUST OUT

- Small pot
- Baking sheet
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (½ TBSP | 1 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 & COOK RICE

- Adjust rack to top position and preheat oven to 425 degrees.
- Heat a **drizzle of oil** in a small pot over medium heat. Stir in **¼ tsp cumin (½ tsp for 4 servings)**; cook, stirring frequently, until fragrant, 30-60 seconds. (**Be sure to measure the cumin—we sent more!**)
- Stir in **rice, stock concentrate, ¾ cup water (1½ cups for 4)**, a **big pinch of salt**, and **pepper**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to use in Step 3.



## 3 FINISH LOAVES & RICE

- Once meatloaves have roasted 15 minutes, remove sheet from oven. Carefully top **meatloaves** with **Mexican cheese blend**; return to top rack and roast until cheese melts, 2-3 minutes.
- Meanwhile, fluff **rice** with a fork. Stir in **½ TBSP butter (1 TBSP for 4 servings)**; taste and season with **salt** and **pepper** if desired.



## 2 FORM & ROAST LOAVES

- While rice cooks, in a medium bowl, gently combine **beef\*, panko, Mexican Spice Blend, 1 TBSP water (2 TBSP for 4 servings), salt**, and **pepper**.
- Form into two 1-inch-tall loaves (**four loaves for 4**).
- Place **meatloaves** on a **lightly oiled** baking sheet. Roast on top rack for 15 minutes (**you'll top the meatloaves with cheese then**).



## 4 SERVE

- Divide **rice, meatloaves**, and **guacamole** between plates. Top rice with **pico de gallo (draining first)** and serve.

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