

INGREDIENTS

2 PERSON | 4 PERSON



Scallions



6 oz | 12 oz Green Beans



¼ Cup | ½ Cup Panko Breadcrumbs Contains: Wheat



1 tsp | 2 tsp Korean Chili Flakes



1 Thumb | 2 Thumbs Ginger





Lime

10 oz | 20 oz Ground Beef**



½ Cup | 1 Cup

Jasmine Rice

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



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





1 2 Ketchup

1 TBSP | 2 TBSP Sesame Seeds Contains: Sesame



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

**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.

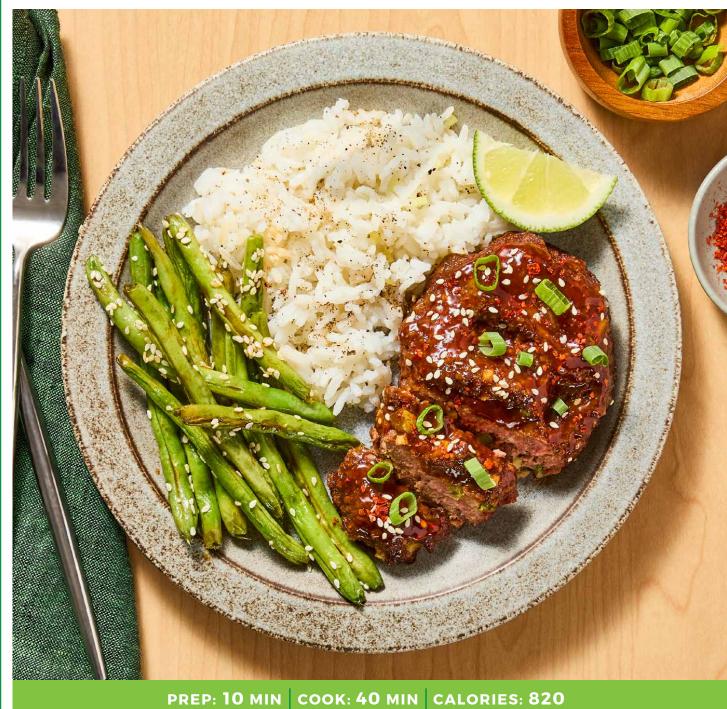


12 oz | 24 oz Cauliflower Rice



MEATLOAVES WITH A SWEET CHILI GLAZE

with Sesame Ponzu Green Beans & Ginger Rice





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
- · Baking sheet
- · Large bowl
- Small bowl
- Kosher salt
- · Black pepper
- Cooking oil (1 tsp | 1 tsp) (2 tsp | 2 tsp) (5
- 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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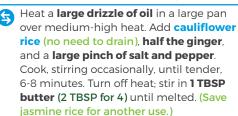
1 PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. 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.



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.





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.)



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.



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.



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. Carnish with scallion greens, remaining sesame seeds, and as many chili flakes as you like. Serve with any remaining lime wedges on the side.

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