



TURKEY MEATLOAVES WITH HERB BUTTER

plus Creamy White Beans & Glazed Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



10 oz | 20 oz
Ground Turkey



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 tsp | 1 tsp
Garlic Powder



1 tsp | 1 tsp
Dried Thyme



2 | 4
Chicken Stock
Concentrates



2 | 4
Scallions



¼ oz | ¼ oz
Rosemary



1 | 2
Cannellini Beans



2 TBSP | 4 TBSP
Crème Fraîche
Contains: Milk



4 tsp | 8 tsp
Honey



1 tsp | 2 tsp
Chili Flakes



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: 800



6 oz | 12 oz
Green Beans
Calories: 780



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 820



HELLO

ROSEMARY

A versatile herb with a distinctive piney flavor that pairs perfectly with hearty ground turkey

WE'RE BIASED

The knife technique we use in Step 1 (aka bias cut) maximizes surface area so carrots get extra caramelized in the oven.

BUST OUT

- Peeler
- Baking sheet
- Large bowl
- Strainer
- Small pot
- Potato masher
- Small bowl
- Plastic wrap
- Medium bowl

- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp)
 - Butter (2 TBSP | 4 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.

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh
(646) 846-3663 | HelloFresh.com



1 ROAST CARROTS

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 450 degrees. Wash and dry produce.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces; toss on one side of a baking sheet with a drizzle of oil, salt, and pepper.

- Cut broccoli into bite-size pieces or trim green beans if necessary. Swap in broccoli or green beans for carrots, tossing as instructed in a medium bowl. (Save carrots for another use.)



4 MAKE CREAMY BEANS

- Heat a drizzle of oil in a small pot over medium-high heat. Add scallion whites; cook, stirring constantly, until fragrant and tender, 30-60 seconds.
- Stir in beans, remaining stock concentrate, ¼ cup water (½ cup for 4 servings), a pinch of salt, and pepper. Bring to a boil, then reduce to a low simmer. Cook, mashing beans with a potato masher or fork, until mostly smooth and slightly thickened, 3-5 minutes.
- Remove from heat and stir in crème fraîche. Taste and season with salt and pepper. Keep covered until ready to serve.



2 FORM & ROAST LOAVES

- In a large bowl, gently combine turkey, panko, half the garlic powder, half the thyme, half the stock concentrates, 1 TBSP water, ¼ tsp salt, and pepper (use all the garlic powder, all the thyme, 2 TBSP water, and 1½ tsp salt for 4 servings). Form into two 1-inch-tall loaves (four loaves for 4).
- Place meatloaves on opposite side of baking sheet from carrots; roast on top rack until meatloaves are cooked through and carrots are browned and tender, 20-25 minutes. TIP: If carrots are done first, remove from sheet and continue roasting meatloaves. (For 4, use two baking sheets; roast on top and middle racks, swapping positions halfway through.)

- Place meatloaves on one side of a baking sheet; roast on top rack for 10 minutes. Carefully add broccoli or green beans to empty side of sheet. Return to top rack and roast until meatloaves are cooked through and veggies are tender, 12-15 minutes more for broccoli or 10-12 minutes more for green beans.



5 MAKE HERB BUTTER

- In a small microwave-safe bowl, combine chopped rosemary, honey, 2 TBSP butter, ¼ tsp salt, and as many chili flakes as you like (4 TBSP butter and ½ tsp salt for 4 servings).
- Cover tightly with plastic wrap and microwave 30 seconds.



3 PREP

- Meanwhile, trim and thinly slice scallions, separating whites from greens. Drain and rinse beans. Strip half the rosemary leaves from stems; finely chop leaves until you have ½ tsp (¼ tsp for 4 servings) (save remaining rosemary for another use).



6 FINISH & SERVE

- When carrots are done, toss with half the chili-herb butter.
- Divide creamy beans and carrots between plates, spreading beans out with the back of a spoon. Top beans with meatloaves.
- Spoon remaining chili-herb butter over meatloaves and sprinkle everything with scallion greens. Serve.

*Ground Turkey is fully cooked when internal temperature reaches 165°.