



SUN-DRIED TOMATO MEATLOAVES

with Garlic-Onion Couscous & Roasted Carrot-Zucchini Jumble

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Zucchini



1.5 oz | 3 oz
Sun-Dried Tomatoes



1 | 2
Onion



¼ Cup | ½ Cup
Panko Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Ground Beef**



1 TBSP | 2 TBSP
Italian Seasoning



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 Clove | 2 Cloves
Garlic



2 | 4
Chicken Stock Concentrates



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



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

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz

🍷 Broccoli
🍷 Calories: 880



6 oz | 12 oz

🍷 Green Beans
🍷 Calories: 850



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 860



BUST OUT

- Peeler
- Baking sheet
- Medium bowl (or 2 medium bowls)
- Small pot
- Small pan

- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp)
- Sugar (¼ tsp | ½ tsp)
- Butter (1½ TBSP | 3 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.



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Finely chop **sun-dried tomatoes**. Halve, peel, and finely dice **onion**. Peel and mince **garlic**.

- Cut **broccoli** into bite-size pieces or trim **green beans** if necessary. In a medium bowl, toss broccoli or green beans with a **drizzle of olive oil, salt, and pepper**. Set aside for use in Step 4. (**Save carrots for another use.**)



2 ROAST VEGGIES

- Toss **carrots** and **zucchini** on one side of a baking sheet with a **large drizzle of olive oil, salt, and pepper** (for 4 servings, spread out across entire sheet). Roast on top rack for 5 minutes (**you'll add more to the sheet then**).

- Toss **zucchini** on one side of a baking sheet with a **drizzle of olive oil, salt, and pepper**; roast on top rack for 5 minutes (**you'll add more to the sheet then**).



3 SEASON & FORM MEATLOAVES

- Meanwhile, in a medium bowl, combine **panko** with **1 TBSP water** (2 TBSP for 4 servings); mix with your hands until pasty. Add **beef**, **Italian Seasoning**, **half the sun-dried tomatoes**, **2 TBSP onion** (4 TBSP for 4), **½ tsp salt** (1 tsp for 4), and **pepper**; mix to combine.
- Form **beef mixture** into two 1-inch-tall loaves (**four loaves for 4**).

- Use a second medium bowl here.



4 BAKE MEATLOAVES

- Once veggies have roasted 5 minutes, remove sheet from oven. Carefully add **meatloaves** to empty side of sheet. (**For 4 servings, leave veggies roasting; add meatloaves to a second sheet and bake on middle rack.**) Return to top rack; roast until meatloaves are cooked through and veggies are browned and tender, 15-18 minutes.

- Once zucchini has roasted 5 minutes, remove sheet from oven. Carefully add **broccoli** or **green beans** to empty side of sheet along with **meatloaves**. Roast until meatloaves are cooked through and veggies are tender, 15-20 minutes for broccoli or 12-15 minutes for green beans.



5 COOK COUSCOUS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous** and **half the remaining onion**; cook, stirring, until couscous is lightly toasted and onion is softened, 4-6 minutes. Add **garlic** and cook, stirring, until fragrant, 30 seconds.
- Stir in **¾ cup water** (1¼ cups for 4 servings); bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



6 MAKE SAUCE

- While couscous cooks, heat a **drizzle of oil** in a small pan over medium-high heat. Add **remaining onion** and **remaining sun-dried tomatoes**; cook, stirring occasionally, until softened, 3-5 minutes. Season with a **pinch of salt and pepper**.
- Add **half the stock concentrates**, **½ cup water**, and **¼ tsp sugar** (¾ cup water and ½ tsp sugar for 4 servings); cook, stirring occasionally, until thickened, 2-4 minutes. **TIP: For a thinner sauce, stir in water a splash at a time until you reach your desired consistency.**
- Turn off heat. Stir in **cream cheese** until smooth and fully incorporated. Season with **salt and pepper** to taste.



7 FINISH & SERVE

- To pot with **couscous**, stir in **1½ TBSP butter** (3 TBSP for 4 servings) and **remaining stock concentrate**. Taste and season with **salt and pepper**.
- Divide **meatloaves**, **couscous**, and **roasted veggies** between plates. Drizzle meatloaves with as much **sauce** as you like. Serve with any remaining sauce on the side.

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