



UMAMI GINGER-GLAZED PORK MEATLOAVES

with Garlicky Broccoli & Edamame Peanut Rice

INGREDIENTS

4 PERSON | 8 PERSON



4 | 8
Scallions



3 Cloves | 6 Cloves
Garlic



16 oz | 32 oz
Broccoli



1 Cup | 2 Cups
White Rice



20 oz | 40 oz
Ground Pork



½ Cup | 1 Cup
Panko
Breadcrumbs
Contains: Wheat



2 | 4
Eggs
Contains: Eggs



½ Cup | 1 Cup
Umami Ginger
Sauce
Contains: Soy, Wheat



4 oz | 8 oz
Edamame
Contains: Soy



1 oz | 2 oz
Peanuts
Contains: Peanuts



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

BIG BATCH

This hearty crowd-pleaser feeds 2x the folks—perfect for a family dinner + leftovers! Flip over to learn what to do with any extra helpings.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 810



FLAVOR SAVOR

To enjoy this delicious dish again the next day, refrigerate any leftovers in an airtight container; reheat on a microwave-safe plate until warmed through, 2-3 minutes.

BUST OUT

- Small pot
 - Medium bowl
 - Large bowl
 - Plastic wrap
 - Aluminum foil
 - Small bowl
 - 2 Baking sheets
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

MORE IS MORE

If you're on a 6-person plan you will have enough ingredients to make 12 servings. Simply triple the amounts in the recipe. 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.

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1 START PREP

- Adjust racks to top and middle positions (**top, middle, and bottom positions for 8 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Cut **broccoli** into bite-size pieces if necessary. Peel and mince or grate **garlic**.



4 ROAST BROCCOLI

- While meatloaves cook, toss **broccoli** on a second baking sheet with a **large drizzle of oil, garlic, a big pinch of salt, and pepper**.
- Roast on middle rack until browned and tender, 16-20 minutes. (**For 8 servings, divide broccoli between two sheets; roast on middle and bottom racks, swapping positions halfway through roasting.**)



2 COOK RICE

- In a small pot, combine **rice, 1½ cups water**, and a **pinch of salt (use a medium pot and 3 cups water for 8 servings)**. 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 serve.



5 FINISH PREP

- Meanwhile, finely chop **peanuts**.
- Place **edamame** in a medium microwave-safe bowl and cover tightly with plastic wrap. Microwave until warmed through, 1-2 minutes.



3 FORM & BAKE LOAVES

- While rice cooks, in a large bowl, combine **pork***, **panko**, **eggs***, **scallion whites**, a **big pinch of salt**, and **pepper**. **TIP: It's OK if the pork mixture seems a bit wet—the loaves will firm up as they bake.**
- Form **pork mixture** into four 1-inch-tall loaves (**eight loaves for 8 servings**); flatten tops.
- Place **meatloaves** on a **lightly oiled**, foil-lined baking sheet and evenly coat with **half the umami ginger sauce**. Roast on top rack until cooked through, 25-30 minutes.



6 FINISH & SERVE

- Once meatloaves and broccoli are done, place **remaining umami ginger sauce** in a small microwave-safe bowl and cover tightly with plastic wrap. Microwave until warmed through, 60-90 seconds.
- Fluff **rice** with a fork; stir in **peanuts, edamame**, and **1 TBSP butter (2 TBSP for 8 servings)**.
- Divide rice, **meatloaves**, and **broccoli** between plates. Spoon umami ginger sauce over meatloaves and garnish with **scallion greens**. Serve.

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

*Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness.