



MEATLOAVES WITH A SWEET CHILI GLAZE

with Sesame Ponzu Green Beans & Ginger Rice

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 Thumb | 2 Thumbs
Ginger



1 | 1
Lime



6 oz | 12 oz
Green Beans



½ Cup | 1 Cup
Jasmine Rice



10 oz | 20 oz
Ground Beef**



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



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



1 | 2
Ketchup



1 tsp | 2 tsp
Korean Chili
Flakes



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



1 TBSP | 2 TBSP
Sesame Seeds
Contains: Sesame



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: 840



6 oz | 12 oz
Asparagus
Calories: 810



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 820



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



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**.
- 🔄 Cut **broccoli** into bite-size pieces if necessary or trim and discard woody bottom ends from **asparagus**. (Save **green beans for another use**.)



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.**

- 🔄 Swap in **broccoli** for green beans. Roast as instructed.

- 🔄 Roast **meatloaves** as instructed for 5 minutes, then remove sheet from oven. Swap in **asparagus** for green beans; carefully add asparagus to opposite side and toss with a **drizzle of oil**. Roast until meatloaves are cooked through and asparagus is tender and lightly browned, 10-12 minutes more.



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.



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.



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.)



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