



CHEDDAR-STUFFED MEATLOAVES

with Potato Wedges, Carrots, Crispy Shallot & Special Sauce

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 | 2
Shallot



9 oz | 18 oz
Carrots



1 TBSP | 2 TBSP
Flour
Contains: Wheat



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



1 | 2
Beef Stock
Concentrate



10 oz | 20 oz
Ground Beef**



½ Cup | 1 Cup
Cheddar Cheese
Contains: Milk



1 | 2
Ketchup



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.

*The ingredient you received may be a different color.

**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.



6 oz | 12 oz
Green Beans
Calories: 1070



6 oz | 12 oz
Asparagus
Calories: 1060



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1040



BUST OUT

- Peeler
- 2 Small bowls
- Baking sheet
- Slotted spoon
- Medium bowl
- Paper towels
- Large pan

- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp + more for frying)

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.**
- Cut **potatoes** into ½-inch-thick wedges. Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces. Halve, peel, and thinly slice **shallot**.

- 🔄 Trim **green beans** if necessary or trim and discard woody bottom ends from **asparagus**. (Save carrots for another use.)



2 ROAST POTATOES

- Toss **potatoes** on one side of a baking sheet with a **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**).



3 FORM MEATLOAVES

- Meanwhile, in a medium bowl, soak **panko** with **1 TBSP water** (2 TBSP for 4 servings) and **stock concentrate** until liquid has absorbed. Add **beef***, **½ tsp salt** (1 tsp for 4), and **pepper**; mix to combine.
- Form **beef mixture** into two ½-inch-thick rounds (**four rounds for 4**). Reserve **half the cheddar** for topping; divide remaining cheddar between the centers of each round. Gently fold meat around cheese, shaping and sealing to create 1-inch-thick loaves.



4 BAKE MEATLOAVES

- Once **potatoes** have roasted 5 minutes, remove sheet from oven. Add **meatloaves** to opposite side of sheet. (**For 4 servings, leave potatoes roasting; add meatloaves to a second sheet and roast on middle rack.**)
- Roast on top rack until potatoes are browned and tender and meatloaves are cooked through, 17-20 minutes more.
- In the last 2 minutes of roasting, top meatloaves with **reserved cheddar**. Return to oven until cheese melts.



5 COOK CARROTS

- Heat a **drizzle of oil** in a large, heavy-bottomed pan over medium-high heat. Add **carrots** and a **pinch of salt and pepper**; cook, stirring occasionally, until browned and softened, 5-7 minutes. **TIP: If carrots begin to brown too quickly, add a few splashes of water.**
- Turn off heat; transfer carrots to a plate. Wipe out pan.

- 🔄 Swap in **green beans** or **asparagus** for carrots. Cook 5-6 minutes for green beans or 3-5 minutes for asparagus.



6 FRY SHALLOT & MAKE SAUCE

- In a small bowl, toss **shallot** with **flour** and a **pinch of salt and pepper**.
- In pan used for carrots, heat a **½-inch layer of oil** over medium heat. Once oil is hot enough that a pinch of flour sizzles immediately when added to the pan, add **coated shallot**. Cook, stirring occasionally, until golden brown, 3-5 minutes.
- Using a slotted spoon, transfer shallot to a paper-towel-lined plate.
- Meanwhile, in a separate small bowl, combine **ketchup** and **mayonnaise**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



7 FINISH & SERVE

- Slice **meatloaves** crosswise if desired.
- Divide meatloaves, **potato wedges**, and **carrots** between plates. Drizzle meatloaves with some of the **special sauce**. Serve remaining sauce on the side with potatoes for dipping. Garnish meatloaves with **crispy shallot** and serve.