



# CARAMELIZED ONION MEATLOAF SANDWICHES

with Potato Wedges & Horseradish Dijonnaise

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 2  
Onion



10 oz | 20 oz  
Ground Beef\*\*



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Chicken Stock  
Concentrate



1 | 2  
Ketchup



1 oz | 2 oz  
Creamy Horseradish  
Sauce  
Contains: Eggs



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



2 tsp | 2 tsp  
Dijon Mustard



4 Slices | 8 Slices  
Sourdough Bread  
Contains: Soy, Wheat



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.



8 oz | 16 oz  
\$ Broccoli  
\$ Calories: 980



6 oz | 12 oz  
\$ Green Beans  
\$ Calories: 960



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 1070



HELLO

## CARAMELIZED ONION

Thinly sliced onion gets deeply browned and softened until sweet.

## SPLISH SPLASH

Splash cold water on your hands before shaping the meatloaves. This will make the beef hold on to itself rather than to you.

## BUST OUT

- 2 Baking sheets
- Large pan
- Large bowl
- 2 Small bowls

- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 1 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.

## HOW WAS YOUR MEAL?



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## 1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Halve, peel, and thinly slice **onion**. Mince a few slices until you have 2 TBSP (4 TBSP for 4 servings).
- Cut **broccoli** into bite-size pieces if necessary or trim **green beans** if necessary. (Save potatoes for another use.)



## 4 CARAMELIZE ONION

- While potatoes and meatloaves cook, heat a **large drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **sliced onion** and cook, stirring occasionally, until browned and softened, 8-10 minutes.
- Add **1 tsp sugar (2 tsp for 4 servings)** and a **splash of water**. Cook, adding more splashes of water as necessary, until onion is caramelized and jammy, 2-3 minutes more. Season with **salt** and **pepper**.
- Turn off heat; transfer onion to a small bowl. Wipe out pan.



## 2 ROAST POTATOES

- Toss **potatoes** on a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until browned and tender, 20-25 minutes.
- Swap in **broccoli** or **green beans** for potatoes; roast 15-20 minutes for broccoli or 12-15 minutes for green beans.



## 5 TOAST BREAD & MIX SAUCE

- Heat **1 TBSP butter** in same pan over medium heat. Add **bread** and toast until golden brown, 2-3 minutes per side (add more butter and work in batches as needed).
- While bread toasts, in a second small bowl, combine **horseradish sauce, mayonnaise, and half the mustard (all for 4 servings)**. Set aside.



## 3 FORM & BAKE MEATLOAVES

- Meanwhile, in a large bowl, gently combine **beef\*, panko, garlic powder, stock concentrate, minced onion, half the ketchup, salt (we used ½ tsp; 1 tsp for 4 servings), and pepper**.
- Form **beef mixture** into two 1-inch-tall loaves (**four loaves for 4**); place on a second baking sheet. Brush tops of meatloaves with remaining ketchup.
- Roast on middle rack until cooked through, 15-20 minutes.



## 6 ASSEMBLE & SERVE

- Lay **toasted bread** out on a cutting board. Top half the bread slices with **caramelized onion**; spread remaining bread slices with **sauce (save some for serving)**.
- Cut each **meatloaf** crosswise into four slices; fan out slices over bread topped with caramelized onion. Close **sandwiches** and cut in half.
- Divide sandwiches and **potato wedges** between plates. Serve with **remaining sauce** on the side for dipping.

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