

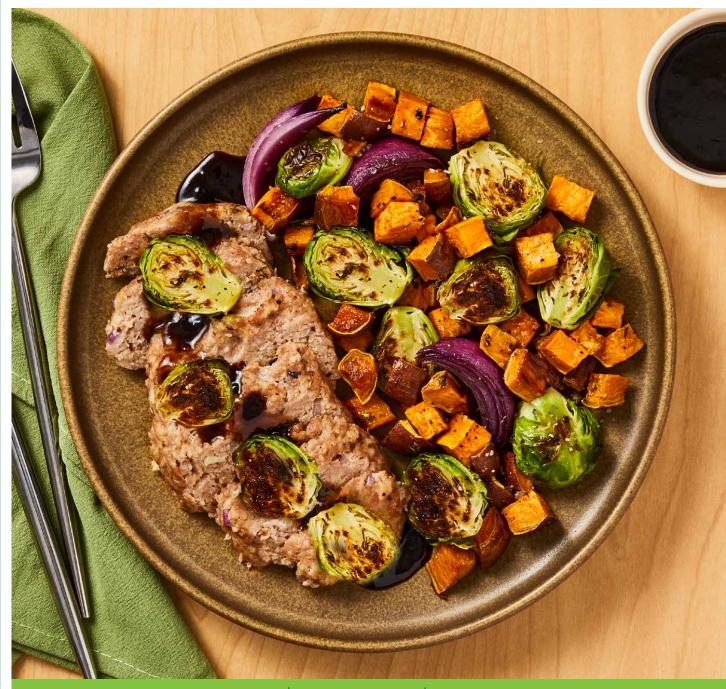


If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



BALSAMIC-GLAZED PORK MEATLOAVES

with Thyme-Roasted Brussels Sprouts & Sweet Potato Jumble



PREP: 10 MIN COOK: 40 MIN CALORIES: 750



HELLO

PLUM BALSAMIC GLAZE

A little bit sweet, a little bit tangy, and all-around fruit-forward fun

STICKY FINGERS

Splash some cold water on your hands before shaping the meatloaves in Step 3. This will help the mixture hold on to itself rather than to you!

BUST OUT

- 2 Baking sheets Medium pan
- Large bowl

Kosher Salt
Butter
Contains: Milk

- Black Pepper
- Cooking Oil

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 Meat is fully cooked when internal temperature reaches 160°.



1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and halve Brussels sprouts lengthwise. Peel and mince or grate garlic. Halve and peel onion; slice into ½-inch-thick wedges. Finely chop a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Dice sweet potato into ½-inch pieces.



2 ROAST BRUSSELS SPROUTS

Toss Brussels sprouts on one side of a baking sheet with a drizzle of oil, half the thyme (all for 4 servings), salt, and pepper. Roast on top rack for 5 minutes (you'll add more to the sheet then).



3 MIX & FORM LOAVES

- In a large bowl, combine pork*, garlic, panko, mustard, half the chopped onion, and 1 TBSP water (2 TBSP for 4 servings); season generously with salt (we used ½ tsp; 1 tsp for 4) and pepper.
- Form pork mixture into two 1-inch-tall loaves (four loaves for 4); flatten tops.

Swap in **beef*** for pork.



4 ROAST LOAVES & VEGGIES

- Once **Brussels sprouts** have roasted 5 minutes, remove sheet from oven. Carefully place **meatloaves** on opposite side of baking sheet.
- On a second baking sheet, toss **sweet potato** and **onion wedges** with a **drizzle of oil**, **salt**, and **pepper**.
- Roast Brussels sprouts and meatloaves on top rack and sweet potato and onion wedges on middle rack until meatloaves are cooked through and veggies are lightly browned, 18-20 minutes.



5 MAKE BALSAMIC GLAZE

- While everything roasts, heat a **drizzle** of oil in a medium pan over mediumhigh heat. Add **remaining chopped** onion and cook, stirring occasionally, until softened, 2-3 minutes.
- Add vinegar; cook, stirring occasionally, until liquid has absorbed, 30-60 seconds.
- Stir in ½ cup water (1 cup for 4 servings), jam, stock concentrate, ¼ tsp salt (½ tsp for 4), and pepper. Cook, stirring occasionally, until glaze begins to thicken, 4-6 minutes.
- Remove from heat; stir in 1 TBSP butter (2 TBSP for 4) until melted.



6 FINISH & SERVE

- Transfer **meatloaves** to a cutting board and let cool for 1 minute; slice crosswise.
- Divide meatloaves and **veggies** between plates. Spoon **balsamic glaze** over meatloaves and serve.