



# BALSAMIC-GLAZED PORK MEATLOAVES

with Thyme-Roasted Brussels Sprouts & Sweet Potato Jumble

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Brussels Sprouts



1 Clove(s) | 2 Clove(s)  
Garlic



1 | 2  
Red Onion



1 | 2  
Sweet Potato



1 tsp | 1 tsp  
Dried Thyme



10 oz | 20 oz  
Ground Pork



¼ Cup(s) | ½ Cup(s)  
Panko  
Breadcrumbs  
Contains: Wheat



2 tsp | 4 tsp  
Dijon Mustard



5 tsp | 10 tsp  
Balsamic Vinegar



2 | 4  
Plum Jam



1 | 2  
Chicken Stock  
Concentrate



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.

\*\*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

2 PERSON | 4 PERSON

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



10 oz | 20 oz  
Ground Beef\*\*

Calories: 770



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.

### HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



### 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 1/2-inch-thick wedges. Finely chop a few wedges until you have 2 TBSP (4 TBSP for 4 servings). Dice **sweet potato** into 1/2-inch pieces.



### 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.



### 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).



### 5 MAKE BALSAMIC GLAZE

- While everything roasts, heat a **drizzle of oil** in a medium pan over medium-high 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 1/2 cup water (1 cup for 4 servings), **jam, stock concentrate, 1/4 tsp salt (1/2 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.



### 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 1/2 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.



### 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.

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