



# BROWN SUGAR BOURBON PORK MEATLOAVES

with Apple, Mashed Potatoes & Roasted Broccoli

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 1  
Lemon



1 | 1  
Apple



2 | 2  
Scallions



4 TBSP | 8 TBSP  
BBQ Sauce



1 | 2  
Brown Sugar  
Bourbon Seasoning



8 oz | 16 oz  
Broccoli



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



10 oz | 20 oz  
Ground Pork



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

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: 840



PREP: 15 MIN | COOK: 50 MIN | CALORIES: 830





## BUST OUT

- Zester
- Box grater
- Medium pot
- Strainer
- Small bowl
- Large bowl
- Baking sheet
- Aluminum foil
- Medium bowl
- Potato masher
- Kosher Salt
- Black Pepper
- Cooking Oil
- Butter  
*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.*



### 1 PREP

- Adjust rack to top position (**middle and top positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Zest and quarter **lemon**. Halve and core **apple**; grate one half on the largest holes of a box grater (**use whole apple for 4**). Trim and thinly slice **scallions**, separating whites from greens; mince whites.



### 2 COOK POTATOES

- Place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Keep covered off heat until ready to mash.



### 3 MAKE GLAZE

- While potatoes cook, in a small bowl, combine **BBQ sauce**, **1 tsp Brown Sugar Bourbon Seasoning** (2 tsp for 4 servings), and a **squeeze of lemon juice**. (**You'll use the remaining Brown Sugar Bourbon Seasoning in the next step.**) Taste and season with **pepper** and more lemon juice if desired.



### 4 FORM & BAKE LOAVES

- In a large bowl, combine **pork\***, **grated apple**, **scallion whites**, **panko**, **remaining Brown Sugar Bourbon Seasoning**, **½ tsp salt** (1 tsp for 4 servings), and **pepper**. Form into two 1-inch-tall loaves (**four loaves for 4**).
- Line a baking sheet with foil and **lightly oil**. Place meatloaves on one side of prepared sheet; top with **half the glaze** (**you'll use the rest in the next step**). (**For 4, spread meatloaves out across entire sheet; roast on middle rack.**)
- Roast on top rack for 10 minutes (**they'll finish cooking in the next step**).



### 5 GLAZE & ROAST

- Meanwhile, cut **broccoli** into bite-size pieces if necessary. Toss in a medium bowl with a **drizzle of oil**, **salt**, and **pepper**.
- Once **meatloaves** have roasted 10 minutes, remove sheet from oven; carefully add broccoli to empty side. (**For 4 servings, add broccoli to a second sheet; roast on top rack.**)
- Roast for 12 minutes, then remove from oven once more. Carefully brush meatloaves with **remaining glaze**. Return to oven until meatloaves are cooked through, glaze is tacky, and broccoli is tender, 4-5 minutes more.



### 6 MASH POTATOES

- Meanwhile, mash **potatoes** with **sour cream** and **2 TBSP butter** (**4 TBSP for 4 servings**) until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed. Season with **salt** and **pepper**.



### 7 FINISH & SERVE

- Slice **meatloaves** crosswise.
- Carefully toss **broccoli** with **lemon zest**.
- Divide meatloaves, **mashed potatoes**, and broccoli between plates. Sprinkle with **scallion greens** and serve.

Swap in **beef\*** for pork.

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