



# SUN-DRIED TOMATO MEATLOAVES

with Garlic-Onion Couscous & Roasted Carrot-Zucchini Jumble

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



1½ oz | 3 oz  
Sun-Dried Tomatoes



1 | 2  
Onion



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



1 TBSP | 2 TBSP  
Italian Seasoning



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



10 oz | 20 oz  
Ground Beef\*\*



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



2½ oz | 5 oz  
Israeli Couscous  
Contains: Wheat



2 | 4  
Chicken Stock Concentrates



6 oz | 12 oz  
Carrots



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

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



8 oz | 16 oz  
\$ Broccoli  
\$ Calories: 870



6 oz | 12 oz  
\$ Green Beans  
\$ Calories: 850



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 860



## BUST OUT

- Peeler
- Baking sheet
- Medium bowl
- Small pot
- Small pan

- Kosher Salt
- Black Pepper
- Olive Oil
- Cooking Oil
- Butter
- **Contains: Milk**
- Sugar

## 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.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Finely chop **sun-dried tomatoes**. Halve, peel, and finely dice **onion**. Peel and mince **garlic**.

- Cut **broccoli** into bite-size pieces or trim **green beans** if necessary. In a medium bowl, toss broccoli or green beans with a **drizzle of olive oil, salt, and pepper**. Set aside for use in Step 4. (Save carrots for another use.)



### 2 ROAST VEGGIES

- Toss **carrots** and **zucchini** on one side of a baking sheet with a **large 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**).

- Toss **zucchini** on one side of a baking sheet with a **drizzle of olive oil, salt, and pepper**; roast on top rack for 5 minutes (**you'll add more to the sheet then**).



### 3 SEASON & FORM MEATLOAVES

- Meanwhile, in a medium bowl, combine **panko** with **1 TBSP water** (2 TBSP for 4 servings); mix with your hands until pasty. Add **beef\***, **Italian Seasoning**, **half the sun-dried tomatoes**, **2 TBSP onion** (4 TBSP for 4), **½ tsp salt** (1 tsp for 4), and **pepper**; mix to combine.
- Form **beef mixture** into two 1-inch-tall loaves (**four loaves for 4**).

- Use a second medium bowl here.



### 4 BAKE MEATLOAVES

- Once veggies have roasted 5 minutes, remove sheet from oven. Carefully add **meatloaves** to empty side of sheet. (**For 4 servings, leave veggies roasting; add meatloaves to a second sheet and bake on middle rack.**) Return to top rack; roast until meatloaves are cooked through and veggies are browned and tender, 15-18 minutes.

- Once zucchini has roasted 5 minutes, remove sheet from oven. Carefully add **broccoli** or **green beans** to empty side of sheet along with **meatloaves**. Roast until meatloaves are cooked through and veggies are tender, 15-20 minutes for broccoli or 12-15 minutes for green beans.



### 5 COOK COUSCOUS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous** and **half the remaining onion**; cook, stirring, until couscous is lightly toasted and onion is softened, 4-6 minutes. Add **garlic** and cook, stirring, until fragrant, 30 seconds.
- Stir in **¾ cup water** (**1¼ cups for 4 servings**); bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



### 6 MAKE SAUCE

- While couscous cooks, heat a **drizzle of oil** in a small pan over medium-high heat. Add **remaining onion** and **remaining sun-dried tomatoes**; cook, stirring occasionally, until softened, 3-5 minutes. Season with a **pinch of salt and pepper**.
- Add **half the stock concentrates**, **½ cup water**, and **¼ tsp sugar** (**¾ cup water and ½ tsp sugar for 4 servings**); cook, stirring occasionally, until thickened, 2-4 minutes. **TIP: For a thinner sauce, stir in water a splash at a time until you reach your desired consistency.**
- Turn off heat. Stir in **cream cheese** until smooth and fully incorporated. Season with **salt and pepper** to taste.



### 7 FINISH & SERVE

- To pot with **couscous**, stir in **1½ TBSP butter** (**3 TBSP for 4 servings**) and **remaining stock concentrate**. Taste and season with **salt and pepper**.
- Divide **meatloaves**, **couscous**, and **roasted veggies** between plates. Drizzle meatloaves with as much **sauce** as you like. Serve with any remaining sauce on the side.