



# MEATLOAVES WITH A SWEET CHILI GLAZE

plus Sesame Ponzu Broccoli & Ginger Rice

## INGREDIENTS

2 PERSON | 4 PERSON



**1 TBSP | 2 TBSP**  
Sesame Seeds  
Contains: Sesame



**6 ml | 12 ml**  
Ponzu Sauce  
Contains: Fish, Soy, Wheat



**4 TBSP | 8 TBSP**  
Sweet Soy Glaze  
Contains: Soy, Wheat, Sesame



**½ Cup(s) | 1 Cup(s)**  
Jasmine Rice



**1 Thumb(s) | 2 Thumb(s)**  
Ginger



**1 | 1**  
Lime



**10 oz | 20 oz**  
Ground Beef\*\*



**1 tsp | 2 tsp**  
Korean Chili Flakes



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



**1 | 2**  
Ketchup



**2 | 4**  
Scallions



**8 oz | 16 oz**  
Broccoli



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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.

## HELLO

## PONZU

A citrusy, umami-packed sauce that's equal parts sweet and tart



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 840





## GLAZY IN LOVE

While a marinade seasons meat from the start, a glaze is best applied toward the end of cooking (like you'll do in Step 5). A few minutes in the oven will turn that blend of ketchup, soy glaze, chili sauce, and lime juice into a rich, caramelized layer of goodness.

## BUST OUT

- Small pot
- Large bowl
- Kosher Salt
- Black Pepper
- Cooking Oil
- Baking sheet
- Small bowl
- 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.

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### 1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **ginger**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Cut **broccoli** into bite-size pieces if necessary. Quarter **lime**.



### 4 ROAST LOAVES & BROCCOLI

- Toss **broccoli** on opposite side of sheet from **meatloaves** with a **drizzle of oil**. (For 4 servings, add broccoli to a second sheet; roast meatloaves on top rack and broccoli on middle rack.)
- Roast on top rack until meatloaves are cooked through and broccoli is browned and tender, 15-18 minutes.



### 2 COOK RICE

- Melt **1 TBSP butter** (**2 TBSP for 4 servings**) in a small pot over medium-high heat. Add **half the ginger** and cook until fragrant, 30 seconds.
- Add **rice**, **¾ cup water** (**1½ cups for 4**), and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



### 5 GLAZE MEATLOAVES

- Meanwhile, in a small bowl, combine **sweet soy glaze**, **ketchup**, a **squeeze of lime juice** to taste, and a **pinch of chili flakes** to taste.
- In the last 2-3 minutes of roasting, remove baking sheet from oven; brush tops of meatloaves with **1 TBSP glaze mixture** each. (For 4 servings, leave broccoli roasting while you glaze meatloaves.) **TIP: Save any remaining glaze mixture for serving.**
- Return to oven until glaze is tacky.



### 3 FORM MEATLOAVES

- While rice cooks, in a large bowl, combine **beef\***, **scallion whites**, **panko**, **remaining ginger**, **salt** (**we used ¾ tsp; 1¼ tsp for 4 servings**), and **pepper**. Gently combine, then form into two 1-inch-tall loaves. (For 4, form **beef mixture into four loaves and spread out across a baking sheet.**)
- Place loaves on one side of a baking sheet.



### 6 FINISH & SERVE

- Fluff **rice** with a fork and season with **salt** and **pepper**. Toss **broccoli** with **ponzu** and **half the sesame seeds**.
- Divide rice, broccoli, and **meatloaves** between plates. Drizzle meatloaves with any **remaining glaze mixture**. Garnish with **scallion greens**, remaining sesame seeds, and as many **chili flakes** as you like. Serve with any **remaining lime wedges** on the side.

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