



# CHEDDAR-STUFFED MEATLOAVES

with Potato Wedges, Carrots, Crispy Shallot & Special Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 2  
Shallot



9 oz | 18 oz  
Carrots



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 | 2  
Beef Stock  
Concentrate



10 oz | 20 oz  
Ground Beef\*\*



½ Cup | 1 Cup  
Cheddar Cheese  
Contains: Milk



1 | 2  
Ketchup



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



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.



6 oz | 12 oz  
Green Beans

Calories: 1010



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 1040





# HELLO FRESH

## BUST OUT

- Peeler
- Baking sheet
- Medium bowl
- Large pan
- 2 Small bowls
- Slotted spoon
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (1 tsp | 1 tsp)
- Cooking oil (1 tsp + more for frying)

## MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*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.**
- Cut **potatoes** into ½-inch-thick wedges. Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces. Halve, peel, and thinly slice **shallot**.

-  Trim **green beans** if necessary. (**Save carrots for another use.**)



### 2 ROAST POTATOES

- Toss **potatoes** on one side of a baking sheet with a **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**).



### 3 FORM MEATLOAVES

- Meanwhile, in a medium bowl, soak **panko** with **1 TBSP water** (**2 TBSP for 4 servings**) and **stock concentrate** until liquid has absorbed. Add **beef\***, **½ tsp salt** (**1 tsp for 4**), and **pepper**; mix to combine.
- Form **beef mixture** into two ½-inch-thick rounds (**four rounds for 4**). Reserve **half the cheddar** for topping; divide remaining cheddar between the centers of each round. Gently fold meat around cheese, shaping and sealing to create 1-inch-thick loaves.



### 4 BAKE MEATLOAVES

- Once **potatoes** have roasted 5 minutes, remove sheet from oven. Add **meatloaves** to opposite side of sheet. (**For 4 servings, leave potatoes roasting; add meatloaves to a second sheet and roast on middle rack.**)
- Roast on top rack until potatoes are browned and tender and meatloaves are cooked through, 17-20 minutes more.
- In the last 2 minutes of roasting, top meatloaves with **reserved cheddar**. Return to oven until cheese melts.



### 5 COOK CARROTS

- Heat a **drizzle of oil** in a large, heavy-bottomed pan over medium-high heat. Add **carrots** and a **pinch of salt and pepper**; cook, stirring occasionally, until browned and softened, 5-7 minutes. **TIP: If carrots begin to brown too quickly, add a few splashes of water.**
- Turn off heat; transfer carrots to a plate. Wipe out pan.

-  Swap in **green beans** for carrots. Cook 5-6 minutes.



### 6 FRY SHALLOT & MAKE SAUCE

- In a small bowl, toss **shallot** with **flour** and a **pinch of salt and pepper**.
- In pan used for carrots, heat a **½-inch layer of oil** over medium heat. Once oil is hot enough that a pinch of flour sizzles immediately when added to the pan, add **coated shallot**. Cook, stirring occasionally, until golden brown, 3-5 minutes.
- Using a slotted spoon, transfer shallot to a paper-towel-lined plate.
- Meanwhile, in a separate small bowl, combine **ketchup** and **mayonnaise**. Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



### 7 FINISH & SERVE

- Slice **meatloaves** crosswise if desired.
- Divide meatloaves, **potato wedges,** and **carrots** between plates. Drizzle meatloaves with some of the **special sauce**. Serve remaining sauce on the side with potatoes for dipping. Garnish meatloaves with **crispy shallot** and serve.

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