



# SHEET PAN ITALIAN PORK MEATLOAVES

with Balsamic-Glazed Zucchini Medley, Herbed Ricotta & Garlic Bread

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



9 oz | 18 oz  
Carrots



1 tsp | 2 tsp  
Garlic Powder



1 TBSP | 1 TBSP  
Italian Seasoning



1 | 2  
Ketchup



5 tsp | 10 tsp  
Balsamic Glaze



1 | 2  
Ciabatta  
Contains: Soy, Wheat



4 oz | 8 oz  
Ricotta Cheese  
Contains: Milk



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



1 | 2  
Chicken Stock  
Concentrate



10 oz | 20 oz  
Ground Pork



ANY ISSUES WITH YOUR ORDER?  
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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.



## HelloCustom

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: 920



10 oz | 20 oz  
Ground Turkey  
Calories: 810



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 910



HELLO

### BALSAMIC GLAZE

Drizzled over savory roasted veggies for a tangy-sweet contrast

### STICKY FINGERS

Splash some cold water on your hands before shaping the meatloaves in Step 2. This will help the mixture hold on to itself rather than to you!

### BUST OUT

- Baking sheet
  - Aluminum foil
  - Peeler
  - Large bowl
  - Small bowl
  - Olive Oil
  - Butter
  - Kosher Salt
  - Black Pepper
  - Cooking Oil
- Contains: Milk*

### 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.*

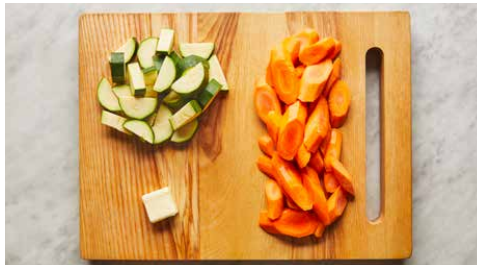
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### 1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. Bring **1 TBSP butter (2 TBSP for 4)** to room temperature. Line a baking sheet with foil and **lightly oil**.
- **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; slice crosswise into 1/2-inch-thick half-moons. Trim, peel, and cut **carrots** on a diagonal into 1/2-inch-thick pieces (**halve any larger carrots lengthwise first**).



### 2 FORM LOAVES & MAKE GLAZE

- In a large bowl, gently combine **pork\***, **panko**, **stock concentrate**, **half the garlic powder**, **1/2 tsp Italian Seasoning (1 tsp for 4 servings)**, **salt (we used 3/4 tsp; 1 1/2 tsp for 4)**, and **pepper**. (*You'll use more of the Italian Seasoning and garlic powder later.*)
- Form **mixture** into two 1-inch-tall loaves (**four loaves for 4**) and place on one side of prepared baking sheet. (*For 4, arrange meatloaves across entire sheet.*)
- Wash and dry bowl used for meatloaf mixture. In same bowl, combine **ketchup** and **half the balsamic glaze (save the rest of the balsamic glaze for serving)**.

- 🔄 Swap in **beef\*** or **turkey\*** for pork.
- 🥛



### 3 ROAST MEATLOAVES & VEGGIES

- Brush **meatloaves** with **half the ketchup mixture (you'll use the rest later)**.
- Toss **zucchini** and **carrots** on empty side of baking sheet with a **large drizzle of oil**, **1/2 tsp Italian Seasoning (1 tsp for 4 servings)**, a **big pinch of salt**, and **pepper**. (*For 4, toss zucchini and carrots on a second baking sheet.*)
- Roast on top rack for 20 minutes (*you'll finish cooking the meatloaves and veggies in the next step*). (*For 4, roast meatloaves on middle rack and veggies on top rack.*)



### 4 MIX RICOTTA & FINISH LOAVES

- Meanwhile, in a small bowl, combine **ricotta**, **1 tsp Italian Seasoning**, and a **large drizzle of olive oil**. Season with **salt** and **pepper**.
- Once meatloaves have roasted 20 minutes, remove sheet from oven. Carefully brush **meatloaves** with **remaining ketchup mixture**. Return to top rack until meatloaves are cooked through, glaze is tacky, and veggies are browned and tender, 4-5 minutes more. **TIP: If veggies are done before meatloaves, remove from sheet and continue roasting meatloaves.**



### 5 MAKE GARLIC BREAD

- Halve **ciabatta** crosswise and toast.
- Spread cut sides of ciabatta with **softened butter**; season with **remaining garlic powder**, **salt**, and **pepper**. Halve **garlic bread** on a diagonal.



### 6 SERVE

- Spread **ricotta** on one side of each plate; pile **veggies** over top and drizzle with as much **remaining balsamic glaze** as you like. Divide **meatloaves** between plates and serve **garlic bread** on the side.

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

🥛 \*Ground Poultry is fully cooked when internal temperature reaches 165°.