



ITALIAN MEATLOAVES WITH MARINARA

plus Mashed Potatoes & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



12 oz | 24 oz
Potatoes*



¼ oz | ½ oz
Parsley



1 | 2
Tomato



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



1 | 2
Tomato Paste



1 TBSP | 2 TBSP
Italian Herb Paste



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Ground Beef**



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.



8 oz | 16 oz
Broccoli

Calories: 800



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 780



HELLO

SOUR CREAM

Adds creamy texture and tangy flavor for the tastiest mashed potatoes

EASY DOES IT

When forming your loaves in Step 3, try not to overwork the meat. Gentle shaping will help keep everything tender and juicy.

BUST OUT

- Peeler
- 2 Baking sheets
- Medium pot
- Strainer
- Large bowl
- Large pan
- Potato masher
- Whisk
- Kosher Salt
- Black Pepper
- Cooking Oil
- Butter
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.

HOW WAS YOUR MEAL?



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1 START PREP & ROAST CARROTS

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.
- Toss carrots on a baking sheet with a **drizzle of oil, salt, and pepper.** Roast on middle rack until tender, 25-30 minutes.

- 👉 Cut **broccoli** into bite-size pieces if necessary. Toss broccoli as instructed. Set aside until Step 3. **(Save carrots for another use.)**



4 COOK MARINARA SAUCE

- Meanwhile, heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **diced tomato** and cook, stirring occasionally, until slightly softened, 1 minute.
- Add **garlic** and cook, stirring, until fragrant, 30-60 seconds.
- Add **tomato paste** and ½ cup **water** (¾ cup for 4 servings); whisk to combine. Bring to a simmer and cook until slightly thickened, 1-2 minutes.
- Stir in **Italian herb paste.** Taste and season with **salt and pepper** if desired.



2 FINISH PREP & COOK POTATOES

- Meanwhile, dice **potatoes** into ½-inch pieces. Roughly chop **parsley.** Dice **tomato** into ½-inch pieces. Peel and mince or grate **garlic.**
- 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. Return potatoes to pot; keep covered off heat. **(You'll finish the potatoes in Step 5.)**



5 MASH POTATOES

- To pot with **potatoes,** add **sour cream** and **2 TBSP butter** (4 TBSP for 4 servings); mash until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed until desired consistency is reached.
- Season with **salt and pepper.**



3 FORM & ROAST MEATLOAVES

- While potatoes cook, in a large bowl, gently combine **beef*, panko, half the parsley, salt** (we used ¾ tsp; 1½ tsp for 4 servings), and **pepper.** Form into two 1-inch-tall loaves **(four loaves for 4).**
- Place **meatloaves** on a second baking sheet and roast on top rack until browned and cooked through, 15-20 minutes.

- 👉 Roast **broccoli** on middle rack until browned and tender, 15-20 minutes.



6 SERVE

- Divide **meatloaves, mashed potatoes,** and **roasted carrots** between plates in separate sections. Spoon **marinara** over meatloaves; garnish everything with **remaining parsley.** Serve.

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