



# CREAMY CARAMELIZED ONION MEATLOAVES

with Sumac Roasted Carrots & Zucchini

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



1 | 2  
Zucchini



10 oz | 20 oz  
Ground Beef\*\*



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Onion



¼ oz | ½ oz  
Parsley



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



1 | 2  
Chicken Stock  
Concentrate



1 tsp | 1 tsp  
Sumac



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THERE TOO. SCAN HERE TO GET HELP  
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\*\*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: 700



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



## HELLO SUMAC

This bright and tart Middle Eastern spice adds a lemony tang to roasted veggies.

### SPLISH SPLASH

Splash a little cold water on your hands before forming the meatloaves in step 2. The heat in your hands is what causes the mixture to stick; cooling your hands down will make the mixture hold on to itself rather than on to you.

### BUST OUT

- Peeler
  - Baking sheet
  - Medium bowl
  - Large pan
  - Kosher salt
  - Black pepper
  - Cooking oil (4 tsp | 4 tsp)
  - Olive oil (2 tsp | 2 tsp)
  - Sugar (¾ tsp | 1½ tsp)
  - Butter (1 TBSP | 2 TBSP)
- 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

- 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; slice crosswise into 1-inch-thick half-moons.
- 👉 Trim green beans if necessary. (Save carrots for another use.)



### 4 FINISH PREP & COOK VEGGIES

- While everything roasts, halve, peel, and thinly slice onion. Pick parsley leaves from stems; roughly chop leaves.
- Heat a drizzle of oil in a large, preferably nonstick, pan over medium-high heat. Add zucchini; cook, stirring, until softened and lightly browned, 5-7 minutes (7-10 minutes for 4 servings). Turn off heat; transfer to a plate. Wipe out pan.
- Add a large drizzle of oil to same pan over medium-high heat. Add onion; cook, stirring occasionally, until browned and softened, 6-9 minutes. TIP: Lower heat and add a splash of water if onion begins to brown too quickly.



### 2 FORM MEATLOAVES

- In a medium bowl (use a large bowl for 4 servings), gently combine beef, panko, garlic powder, salt (we used ¾ tsp; 1¼ tsp for 4), and pepper.
- Form into two 1-inch-tall loaves (four loaves for 4).



### 5 MAKE SAUCE

- Add cream cheese, stock concentrate, ½ cup water, and ¾ tsp sugar (1½ tsp for 4 servings) to pan with onion; cook until thickened, 1-3 minutes more.
- Turn off heat; stir in 1 TBSP butter (2 TBSP for 4) and a pinch of chopped parsley. Taste and season with salt and pepper.



### 3 ROAST LOAVES & CARROTS

- Place meatloaves on one side of a lightly oiled baking sheet. TIP: Line sheet with foil first for easier cleanup.
- Toss carrots on empty side with a large drizzle of olive oil, salt, and pepper. (For 4 servings, use 2 baking sheets; roast meatloaves on middle rack and carrots on top rack.)
- Roast on top rack until meatloaves are cooked through and carrots are browned and tender, 22-25 minutes. TIP: Love extra-crispy veggies? Once meatloaves are done, remove from sheet and continue roasting carrots for 2-3 minutes more.

- 👉 Roast meatloaves on top rack for 10 minutes (skip roasting the carrots!), then remove sheet from oven. Swap in green beans for carrots; carefully toss as instructed. Roast 12-15 minutes more.



### 6 FINISH & SERVE

- Carefully toss zucchini and carrots together with half the sumac (all for 4 servings).
- Divide meatloaves and carrots and zucchini between plates. Spoon caramelized onion sauce over meatloaves; garnish with remaining chopped parsley. Serve.

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