



# ITALIAN MEATLOAVES

with Green Beans and Mashed Potatoes



## HELLO THYME

This fresh herb adds earthy flavor and an elegant touch to an old-school dinnertime staple.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 680



Shallot



Thyme



Beef Stock Concentrate



Sour Cream  
(Contains: Milk)



Yukon Gold Potatoes



Garlic



White Bread  
(Contains: Wheat)



Milk  
(Contains: Milk)



Ground Beef



Green Beans

## START STRONG

In step 1, you'll practice making a panade—that's a mixture of bread and liquid that makes meatloaves moist and tender. Let the milk absorb into the bread before breaking it up with your hands.

## BUST OUT

- 2 Medium bowls
- Potato masher
- Baking sheet
- Kosher salt
- Medium pot
- Black pepper
- Strainer
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Shallot 1 | 2
- Garlic 2 Cloves | 2 Cloves
- Thyme ¼ oz | ¼ oz
- White Bread 1 Slice | 2 Slices
- Beef Stock Concentrate 1 | 2
- Milk 6.75 oz | 6.75 oz
- Ground Beef\* 10 oz | 20 oz
- Yukon Gold Potatoes 12 oz | 24 oz
- Green Beans 6 oz | 12 oz
- Sour Cream 2 TBSP | 4 TBSP

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

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

HelloFRESH



## 1 PREP

Adjust rack to middle position and preheat oven to 400 degrees. **Wash and dry all produce.** Halve, peel, and mince shallot. Mince garlic. Strip thyme leaves from stems; finely chop leaves until you have 2 tsp (3 tsp for 4 servings). In a medium bowl, soak bread with stock concentrate and 3 TBSP milk (½ cup for 4). Break up with your hands until pasty.



## 4 ROAST GREEN BEANS

In a second medium bowl, toss green beans with a drizzle of olive oil and a pinch of salt and pepper. Once meatloaves have roasted 10 minutes, remove from oven and add green beans to same sheet. Continue baking until green beans are tender and meatloaves are cooked through, 10-15 minutes more.



## 2 MAKE MEATLOAVES

Add beef, shallot, chopped thyme, half the garlic, salt (we used ½ tsp; use 1 tsp for 4 servings), and pepper to bowl with bread mixture. Mix to combine, then form into two 1-inch-tall loaves (four loaves for 4); place on a lightly oiled baking sheet. Bake until browned and cooked through, 20-25 minutes (we'll add more to the sheet after 10 minutes).



## 5 MASH POTATOES

Heat 1 TBSP butter (2 TBSP for 4 servings) and remaining garlic in pot used for potatoes over low heat. Cook until garlic is fragrant, about 30 seconds, then remove from heat. Add drained potatoes, sour cream, and ¼ cup milk (you'll have some left over). Mash until smooth, then season generously with salt and pepper. **TIP:** Add more milk, as needed, until potatoes reach a creamy consistency.



## 3 BOIL POTATOES

Meanwhile, dice potatoes into ½-inch pieces. Place in a medium pot with enough salted water to cover by 2 inches. Bring to a boil and cook until potatoes are very tender, 15-20 minutes. Drain and set aside.



## 6 SERVE

Divide potatoes, green beans, and meatloaves between plates. Serve.

## MAKE IT BREAD-ER

For a twist, break out some bread and mayo, slice your meatloaf, and assemble a sandwich.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)

WK 31 NJ-14