



# MEATLOAF BALSAMICO

with Sweet Potato Mash and Green Beans



**HELLO**  
**BALSAMIC KETCHUP GLAZE**  
A quick, easy, and tasty way  
to sauce up your meatloaf

**PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 800**

- Garlic
- Green Beans
- Panko Breadcrumbs  
(Contains: Wheat)
- Eggs  
(Contains: Egg)
- Ketchup
- Honey
- Parsley
- Yellow Onion
- Ground Beef
- Balsamic Vinegar
- Sweet Potatoes
- Sliced Almonds  
(Contains: Tree Nuts)

## START STRONG

If you have one, grab a basting or pastry brush for brushing the loaves with sauce. Otherwise, the back of a spoon will do just fine.

## BUST OUT

- Grater
- Peeler
- Large bowl
- Medium pot
- Small bowl
- Strainer
- Baking sheet
- Potato masher
- Olive oil (2 tsp | 3 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Garlic 1 Clove | 2 Cloves
- Parsley ¼ oz | ¼ oz
- Yellow Onion ½ | 1
- Balsamic Vinegar 3 tsp | 5 tsp
- Ketchup 2 TBSP | 4 TBSP
- Panko Breadcrumbs ½ Cup | 1 Cup
- Ground Beef 10 oz | 20 oz
- Egg 1 | 2
- Sweet Potatoes 2 | 4
- Green Beans 6 oz | 12 oz
- Honey ½ oz | 1 oz
- Sliced Almonds 1 oz | 1 oz

## HELLO WINE



PAIR WITH  
Le Coq Bleu  
Côtes du Rhône Rouge, 2016

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## 1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 450 degrees. Mince **1 clove garlic** (we sent more). Chop **parsley**. Halve and peel **onion**. Using the large holes of a grater, grate one onion half into a large bowl (use the other as you like). In a separate small bowl, mix **1 TBSP vinegar** (we sent more) and **ketchup**.



## 4 ROAST GREEN BEANS

After meatloaves have baked 10 minutes, remove baking sheet from oven. Toss **green beans** on same sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. (**TIP:** Use tongs to avoid burns.) Return to oven and roast until meatloaves are cooked through and green beans are tender and lightly crisped, about 15 minutes more.



## 2 SHAPE MEATLOAVES

Add **garlic, parsley, panko, beef,** and **½ tsp salt** to bowl with onion. Crack in **1 egg** (use the other as you like). Season with **pepper**, then mix with hands to combine. Form into two 1-inch-tall loaves and place on a lightly oiled baking sheet. Brush **ketchup mixture** onto meatloaves.



## 5 MASH SWEET POTATOES

Drain **sweet potatoes** and return to pot. Mash in pot with a potato masher or fork until mostly smooth. (**TIP:** If potatoes have cooled, quickly reheat over medium-low heat.) Add **1 TBSP butter** and **honey**. Continue mashing to melt butter and combine. Season generously with **salt** and **pepper**.



## 3 COOK MEATLOAVES AND SWEET POTATOES

Roast **meatloaves** in oven until cooked through, about 25 minutes total (we'll check on them after 10 minutes). Meanwhile, peel **sweet potatoes**, then cut into ½-inch cubes. Place in a medium pot with a pinch of **salt** and enough water to cover by 1 inch. Bring to a boil and cook until tender, about 10 minutes.



## 6 FINISH AND SERVE

When **meatloaves** and **green beans** are done, sprinkle **almonds** over green beans and toss to combine. Divide meatloaves between plates and serve with **sweet potato mash** and green beans on the side.

## SMASH HIT!

Honey-kissed sweet potatoes are a game-changer, plus they have tons of vitamin A.

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