



MEATLOAF BALSAMICO

with Sweet Potato Mash and Green Beans



HELLO

BALSAMIC GLAZE

An Italian-inspired topping for meatloaf that gives it tangy, tasty flavor

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 630

- | | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Garlic | Green Beans | Panko Breadcrumbs
<small>(Contains: Wheat)</small> | Balsamic Vinegar | Sweet Potatoes | Sliced Almonds
<small>(Contains: Tree Nuts)</small> |
|  |  |  |  |  | |
| Parsley | Yellow Onion | Ground Beef | Ketchup | Honey | |

START STRONG

Let your kids help with tasks like mixing and shaping the meatloaves—just make sure they wash their hands before and after.

BUST OUT

- Small bowl
- Peeler
- Grater
- Large pot
- Large bowl
- Strainer
- 2 Baking sheets
- Potato masher
- Olive oil (1 TBSP)
- Butter (1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

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

HELLO WINE



PAIR WITH
Abbiocco Umbria Rosso, 2015

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



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. In a small bowl, mix **vinegar** and **ketchup**. Mince or grate **garlic**. Chop **parsley**. Halve and peel **onion**. Grate both halves into a large bowl using the large holes of a grater.



4 ROAST GREEN BEANS

Toss **green beans** on another baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and lightly browned, about 15 minutes.



2 BAKE MEATLOAVES

Add **garlic**, **parsley**, **panko**, **beef**, and **1 tsp salt** to bowl with **onion**. Season with **pepper**, then mix with hands to combine. Form into four 1-inch-tall loaves and place on a lightly oiled baking sheet. Brush ketchup mixture onto meatloaves. Bake in oven until no longer pink in center, about 25 minutes.



5 MASH SWEET POTATOES

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



3 BOIL SWEET POTATOES

Meanwhile, peel **sweet potatoes**, then cut into ½-inch cubes. Place in a large pot with a pinch of **salt** and enough **water** to cover by 1 inch. Bring to a boil and cook until easily pierced by a knife, about 10 minutes. Drain and return to pot.



6 FINISH AND SERVE

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

FRESH TALK

Is meatloaf just an oversized meatball?

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