



SWEDISH MEATLOAVES

with Mashed Potatoes, Roasted Carrots, and Currant Jam



HELLO

SWEDISH MEATLOAVES

Warmly spiced mini meatloaves are drizzled with creamy gravy and served with jam.

PREP: 15 MIN | **TOTAL: 50 MIN** | **CALORIES: 830**



Carrots



Yellow Onion



White Bread
(Contains: Wheat)



Ground Beef



Meatloaf Mix



Beef Stock Concentrates



Yukon Gold Potatoes



Parsley



Milk
(Contains: Milk)



Nutmeg



Flour
(Contains: Wheat)



Currant Jam

START STRONG

Making mini meatloaves is a great activity for mini chefs. Kids can help with mixing and shaping the loaves in step 3—just make sure they wash their hands after.

BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Large bowl
- Vegetable oil (4 tsp)
- Butter (4 TBSP)
(Contains: Milk)
- Large pan
- Whisk
- Potato masher

INGREDIENTS

Ingredient 4-person

- Carrots 6
- Yukon Gold Potatoes 24 oz
- Yellow Onion 1
- Parsley ¼ oz
- White Bread 2 Slices
- Milk 13.5 oz
- Ground Beef* 20 oz
- Nutmeg 1 tsp
- Meatloaf Mix 1 TBSP
- Flour 2 TBSP
- Beef Stock Concentrates 2
- Currant Jam 4 TBSP

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

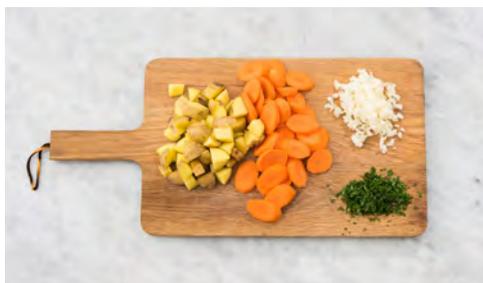
WINE CLUB

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1 PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Peel and cut **carrots** into 1-inch pieces. Dice **potatoes** into 1-inch cubes. Halve and peel **onion**, then mince until you have ½ cup (use the rest as you like). Finely chop **parsley**.



4 COOK MEATLOAVES

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **meatloaves** and cook until browned on surface but not yet cooked through, about 3 minutes per side. Once **carrots** have roasted about 15 minutes, remove sheet from oven and give carrots a toss. Add meatloaves to same sheet and place in oven. Bake until meatloaves are cooked through and carrots are tender, about 15 minutes more.



2 COOK VEGGIES

Toss **carrots** on a baking sheet with a large drizzle of **oil** and a large pinch of **salt** and **pepper**. Roast on top rack for 15 minutes (we'll add more to sheet then). Meanwhile, place **potatoes** in a medium pot with a large pinch of salt and enough **water** to cover by 1 inch. Bring to a boil and cook until tender, about 15 minutes. Drain and return to empty pot off heat.



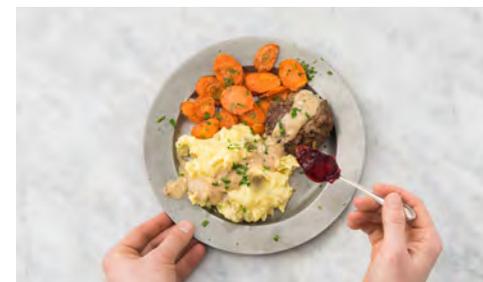
5 MAKE GRAVY

Melt **2 TBSP butter** in same pan over medium heat. Add remaining **minced onion**. Cook, tossing, until soft, about 2 minutes. Add **flour** and cook, stirring, until pasty, about 1 minute. Slowly whisk in **1 cup water**, followed by **stock concentrates** and ½ **cup milk** (save rest for potatoes). Bring to a simmer, then whisk until thickened, 1-2 minutes. Season with **salt, pepper**, and a pinch of **nutmeg** (to taste). **TIP:** Add more water if too thick.



3 SHAPE MEATLOAVES

In a large bowl, combine **bread** and **6 TBSP milk** (we sent more). Break up bread with your hands until pasty. Thoroughly mix in **beef**, half the **minced onion**, half the **parsley**, ¼ **tsp nutmeg**, **meatloaf mix**, **salt**, and **pepper** (we sent more nutmeg; our chefs used 1½ tsp kosher salt). Shape mixture into four 1-inch-tall loaves.



6 FINISH AND SERVE

Place pot with **potatoes** over low heat. Add **2 TBSP butter** and ½ **cup milk**. Mash until smooth. **(TIP:** Add more milk if stiff.) Season with **salt** and **pepper**. Divide potatoes and **meatloaves** between plates. Drizzle with **gravy**. Add **carrots** and **jam** to the side. Garnish with remaining **parsley**.

FRESH TALK

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