



MEATLOAF BALSAMICO

with Green Beans and Mashed Sweet Potatoes



HELLO

BALSAMIC KETCHUP GLAZE

A quick, easy, and tasty way to sauce up your meatloaf

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 600



Yellow Onion



Parsley



Ground Beef



Ketchup



Green Beans



Sliced Almonds
(Contains: Tree Nuts)



Garlic



Panko Breadcrumbs
(Contains: Wheat)



Balsamic Vinegar



Sweet Potatoes



Honey

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 serve you just fine.

BUST OUT

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

INGREDIENTS

Ingredient 4-person

- Garlic 2 Cloves
- Parsley ¼ oz
- Green Beans 12 oz
- Yellow Onion 1
- Panko Breadcrumbs ½ Cup
- Ground Beef 16 oz
- Balsamic Vinegar 2 TBSP
- Ketchup 4 TBSP
- Sweet Potatoes 2
- Honey 2 TBSP
- Sliced Almonds 1 oz

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees. Mince or grate **garlic**. Chop **parsley**. Trim any stems from **green beans**. Halve and peel **onion**. Grate both halves into a large bowl using the large holes of a box grater.



4 ROAST GREEN BEANS

Meanwhile, 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 SHAPE AND BAKE MEATLOAVES

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



KIDS CAN HELP!



5 MASH SWEET POTATOES

Mash **sweet potato** in pot with a fork or potato masher 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, then chop **sweet potatoes** into ½-inch cubes. Place in a large pot with a pinch of **salt** and enough **water** to cover by 2 inches. Bring to a boil and cook until easily pierced by a fork, 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.

SMASH HIT!

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