



ITALIAN MEATLOAF

with Roasted Green Beans and Mashed Potatoes



HELLO BASIL

This unexpected addition adds an herby touch to meatloaf.

PREP: 10 MIN | **TOTAL: 45 MIN** | **CALORIES: 640**



Shallot



Basil



Green Beans



Ground Beef



Sour Cream
(Contains: Milk)



Garlic



White Bread
(Contains: Wheat)



Chicken Stock
Concentrates



Russet Potatoes

START STRONG

Overworking the raw beef mixture will give you a loaf that's tough and dense. Gently toss the meatloaf ingredients together until they're just combined for tender results.

BUST OUT

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

INGREDIENTS

Ingredient 4-person

- Shallot 1
- Garlic 2 Cloves
- Basil ½ oz
- Green Beans 12 oz
- White Bread 2 Slices
- Chicken Stock Concentrates 2
- Ground Beef 20 oz
- Russet Potatoes 24 oz
- Sour Cream 4 TBSP

HELLO WINE

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Halve, peel, and mince **shallot**. Mince or grate **garlic**. Pick **basil leaves** from stems; discard stems. Finely chop leaves. Trim any tough ends from **green beans**.



4 ROAST GREEN BEANS

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



2 MAKE MEATLOAVES

Soak **bread** with **stock concentrates** and ¼ **cup water** in a medium bowl. Break up with hands until pasty. Add **beef**, **shallot**, **basil**, half the **garlic**, and a large pinch of **salt** and **pepper**. Mix with hands until combined. Form into four 1-inch-thick loaves and place on a lightly oiled baking sheet. Bake in oven until cooked through, 20-25 minutes.



5 MASH POTATOES

In pot used for potatoes, heat 2 **TBSP butter** and remaining **garlic**. Melt and cook until fragrant, about 30 seconds. Add **potatoes** and **sour cream**. Mash with a fork or potato masher until very smooth. Season with **salt** and **pepper**. **TIP:** Add a splash of milk for extra creaminess.



3 BOIL POTATOES

Meanwhile, peel **potatoes**, then cut into ½-inch cubes. Place **potatoes** and a large pinch of **salt** in a medium pot. Add enough **water** to cover by 1 inch, then bring to a boil. Reduce to a simmer and cook until **potatoes** are easily pierced by a knife, about 12 minutes. Drain.



6 PLATE AND SERVE

Divide **mashed potatoes** between plates. Top with **green beans** and **meatloaves** and serve.

BADA BING!

An American classic with Italian swagger

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