



OCT
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Italian Meatloaf

with Roasted Green Beans and Garlic-Rosemary Mashed Potatoes

We're not sure what we like best about this recipe: the unique and flavorful ingredients, the quicker cooking time of individual patties versus slow-cooking traditional meatloaf, or the silky, melt-in-your-mouth mashed potatoes. We'll let you make the call.



Prep: 10 min
Total: 45 min



level 1



nut
free



Ground
Beef



Russet
Potatoes



Green
Beans



Chicken Stock
Concentrate



Shallot



Rosemary



Garlic



White
Bread



Sour
Cream

Ingredients		2 People	4 People	*Not Included
Ground Beef		10 oz	20 oz	Allergens
Russet Potatoes		12 oz	24 oz	1) Wheat
Green Beans		6 oz	12 oz	2) Milk
Chicken Stock Concentrate		1	2	
Shallot		1	2	
Rosemary		¼ oz	¼ oz	
Garlic		2 Cloves	2 Cloves	
White Bread	1)	1 Slice	2 Slices	Tools
Sour Cream	2)	2 T	4 T	2 Medium bowls,
Butter*	2)	1½ T	1½ T	Baking sheet, Peeler,
Oil*		2 t	4 t	Medium pot, Strainer

Nutrition per person Calories: 631 cal | Fat: 30g | Sat. Fat: 14g | Protein: 38g | Carbs: 53g | Sugar: 7g | Sodium: 346mg | Fiber: 6g



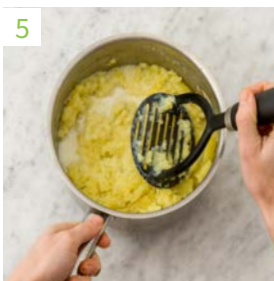
1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and mince the **shallot**. Mince or grate the **garlic**. Strip the **rosemary leaves** off the stems and finely chop (about 2 teaspoons). Trim the ends of the **green beans**.



2 Make the meatloaf: In a medium bowl, soak the **bread** with the **stock concentrate** and **¼ cup water**. Break up the bread with your hands until a paste forms. Add the **beef, shallot, half the garlic, half the rosemary**, and a large pinch of **salt** (we used ½ teaspoon kosher salt) and **pepper** to the bowl. Mix with your hands until just combined. Form the **beef mixture** into 2 oval patties, then place onto a lightly oiled baking sheet. Place in the oven for 20-25 minutes, until cooked through.



3 Boil the potatoes: Meanwhile, peel and dice the **potatoes** into ½-inch cubes. Place in a medium pot with a large pinch of **salt**. Add enough **water** to cover, then bring to a boil. Reduce to a simmer and cook about 12 minutes, until potatoes are fork-tender.



4 Roast the green beans: With 15 minutes left to go on the **meatloaf**, toss the **green beans** in a medium bowl with a drizzle of **oil** and a pinch of **salt** and **pepper**. Spread onto the baking sheet with the meatloaf. Cook about 15 minutes, until tender.



5 Mash the potatoes: Once tender, drain the **potatoes**. In the same pot you cooked the potatoes in, heat **1½ Tablespoons butter**, the remaining **garlic**, and the remaining chopped **rosemary** over medium heat. Cook 30 seconds, until melted and fragrant. Add the **potatoes** and **sour cream** to the pot. Mash with a fork or potato masher until very smooth, adding a splash of **water** (or milk) if necessary. Taste and season with **salt** and **pepper**.

6 Serve: Plate the **garlic-rosemary mashed potatoes**, then top with the **roasted green beans** and **Italian meatloaf**. Enjoy!

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