



# ITALIAN MEATLOAF

with Roasted Green Beans and Mashed Potatoes



## HELLO BASIL

The aromatic herb takes good ol' American meatloaf on a voyage to Italy.

**PREP: 10 MIN** | **TOTAL: 45 MIN** | **CALORIES: 630**

-  Shallot
-  Basil
-  Chicken Stock Concentrates
-  Green Beans
-  Sour Cream  
(Contains: Milk)
-  Garlic
-  White Bread  
(Contains: Wheat)
-  Ground Beef
-  Russet Potatoes
-  Milk  
(Contains: Milk)

## START STRONG

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

## BUST OUT

- Large 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
- White Bread 2 Slices
- Chicken Stock Concentrates 2
- Milk ¾ Cup
- Ground Beef 20 oz
- Russet Potatoes 24 oz
- Green Beans 12 oz
- Sour Cream 4 TBSP

## HELLO WINE



PAIR WITH

Mareas Chilean Carménère, 2017

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



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 400 degrees. Halve, peel, and mince **shallot**. Mince or grate **garlic**. Pick **basil leaves** from stems; discard stems. Finely chop leaves.



## 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. **TIP:** If there's room on the sheet with the meatloaves, you can add the green beans to the same sheet 15 minutes before the loaves are done baking.



## 2 MAKE MEATLOAVES

Soak **bread** with **stock concentrates** and ½ **cup milk** in a large bowl (we'll use more of the milk later). Break up with hands until pasty. Add **beef, shallot, basil**, half the **garlic**, and a large pinch of **salt** and **pepper**. Mix until just combined. Form into four 1-inch-thick loaves. Place on a lightly oiled baking sheet. Bake in oven until cooked through, 20-25 minutes.



## 5 MASH POTATOES

Heat 2 **TBSP butter** and remaining **garlic** in pot used for potatoes. Melt and cook until fragrant, about 30 seconds. Add **potatoes, sour cream**, and ¼ **cup milk** (you'll have a little milk left over). Mash with a potato masher or fork until smooth. Season with **salt** and **pepper**. **TIP:** Add more milk if needed to give potatoes a creamy consistency.



## 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 **meatloaves** and serve with **green beans** to the side.

## FRESH TALK

Dinner debate: is meatloaf really a hamburger in a different shape?

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