



MEATLOAF À LA MOM

with Roasted Root Veggies and Thyme Gravy



HELLO
THYME GRAVY
Comforting, herbaceous, and ready in a flash,
this gravy's just what the mama ordered.

PREP: 15 MIN | **TOTAL: 40 MIN** | **CALORIES: 630**



Garlic



Thyme



Russet Potato



Ground Beef



Flour
(Contains: Wheat)



Shallot



Baby Carrots



Panko Breadcrumbs
(Contains: Wheat)



Ketchup



Beef Stock
Concentrate

START STRONG

Make sure to start stirring the flour as soon as it goes into the pan. This will help eliminate any lumps or clumps in the finished gravy.

BUST OUT

- Grater
- Medium pan
- Medium bowl
- Peeler
- Baking sheet
- Olive oil (2 tsp | 4 tsp)
- Butter (½ TBSP | 1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Shallot 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Thyme ¼ oz | ½ oz
- Baby Carrots 8 oz | 16 oz
- Russet Potato 1 | 2
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Ground Beef 10 oz | 20 oz
- Ketchup 1 TBSP | 2 TBSP
- Flour 1 TBSP | 2 TBSP
- Beef Stock Concentrate 1 | 2

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry all produce.** Halve and peel shallot. Grate one half with a grater into a medium bowl; mince other half and set aside. Mince **garlic**. Strip **thyme leaves** from stems and roughly chop. Halve **carrots** lengthwise. Peel **potato**, then cut into thin sticks (like French fries).



4 BAKE MEATLOAVES

Once **veggies** have roasted 7 minutes, remove sheet from oven. Give veggies a toss. Place **meatloaves** on same sheet, and then brush tops of loaves with **1 TBSP ketchup** (we sent more). Return sheet to oven and continue roasting until meatloaves are cooked through, 15-18 minutes more. **TIP:** If your sheet is crowded, you can add the meatloaves to a second sheet.



2 ROAST VEGGIES

Toss **carrots** with a drizzle of **olive oil** and spread on one side of a baking sheet. Toss **potato** with another drizzle of olive oil and spread on other side. Season both with **salt** and **pepper**. Roast in oven until tender and browned, 20-25 minutes total (we'll add more ingredients to the sheet after 7 minutes).



5 MAKE GRAVY

Melt **½ TBSP butter** in a medium pan over medium heat. Add **minced shallot** and remaining **thyme**. Cook, tossing, until softened, 3-4 minutes. Sprinkle **flour** into pan, stirring vigorously to combine. Whisk in **stock concentrate** and **½ cup water**. Bring to a simmer and let bubble until thick and saucy, 3-4 minutes. Season with **salt** and **pepper**.



3 MAKE MEATLOAVES

To bowl with **grated shallot**, add **¼ cup panko** (we sent more), **ground beef**, **garlic**, half the **thyme**, **salt**, and **pepper** (we used ¾ tsp kosher salt). Gently combine with hands, then shape mixture into two 1-inch-tall loaves.



6 FINISH AND PLATE

Slice **meatloaves** crosswise and divide between plates. Add **veggies** to the side. Spoon **gravy** over meatloaves and serve.

PRESTO!

When you make meatloaves mini, they're ready in a fraction of the time.

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