



# MEATLOAF BALSAMICO

with Sweet Potato Mash and Green Beans



## HELLO BALSAMIC GLAZE

An Italian-inspired topping for meatloaf that gives it tangy, tasty flavor

PREP: 15 MIN | TOTAL: 40 MIN | CALORIES: 730

- Garlic
- Yellow Onion
- Ketchup
- Ground Beef
- Green Beans
- Sliced Almonds  
(Contains: Tree Nuts)
- Parsley
- Balsamic Vinegar
- Panko Breadcrumbs  
(Contains: Wheat)
- Sweet Potatoes
- Honey

## START STRONG

If you have a moment while the meatloaves and green beans are roasting, put the almonds in a pan and toast them on the stove over medium heat, tossing frequently. This will bring out their best flavor.

## BUST OUT

- Grater
- Peeler
- Large bowl
- Medium pot
- Small bowl
- Strainer
- Baking sheet
- Potato masher
- Vegetable oil (1 tsp | 1 tsp)
- Olive oil (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Garlic **1 Clove** | **2 Cloves**
- Parsley **¼ oz** | **¼ oz**
- Yellow Onion **½** | **1**
- Balsamic Vinegar **3 tsp** | **5 tsp**
- Ketchup **2 TBSP** | **4 TBSP**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**
- Ground Beef\* **10 oz** | **20 oz**
- Sweet Potatoes **2** | **4**
- Green Beans **6 oz** | **12 oz**
- Honey **½ oz** | **1 oz**
- Sliced Almonds **1 oz** | **1 oz**

\* Beef is fully cooked when internal temperature reaches 160 degrees.

## 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.** Mince **1 clove garlic** (2 cloves for 4 servings). Chop **parsley**. Halve and peel **onion**. Using the large holes of a box grater, grate one onion half into a large bowl (both halves for 4 servings). In a small bowl, combine **1 TBSP vinegar** (all for 4 servings) and **ketchup**.



## 4 ROAST GREEN BEANS

Once **meatloaves** have baked 10 minutes, remove baking sheet from oven. Toss **green beans** on same sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. (For 4 servings, toss green beans on a separate baking sheet.) Return to oven and roast until meatloaves are cooked through and green beans are tender and slightly crisped, about 15 minutes more.

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## 2 BAKE MEATLOAVES

Add **minced garlic**, **parsley**, **¼ cup panko** (we sent more; use all for 4 servings), **beef**, and **¾ tsp salt** to bowl with **grated onion**. Season with **pepper**, then mix with hands to combine. Shape into two 1-inch-tall loaves (four loaves for 4 servings), then place on a lightly **oiled** baking sheet. Brush with **ketchup mixture**. Bake on middle rack until cooked through, about 25 minutes total (we'll check on them after 10 minutes).



## 5 MASH SWEET POTATOES

Mash **sweet potatoes** in pot with a potato masher or fork until mostly smooth. (**TIP:** If potatoes have cooled, quickly reheat over medium-low heat.) Add **1 TBSP butter** (2 TBSP for 4 servings) and **honey**. Continue mashing to combine and melt butter. Season generously with **salt** and **pepper**.



## 3 COOK SWEET POTATOES

Meanwhile, peel and dice **sweet potatoes** into ½-inch pieces. Place in a medium pot with a pinch of **salt** and enough **water** to cover by 2 inches. Bring to a boil and cook until tender, about 10 minutes. Drain and return to pot.



## 6 FINISH AND SERVE

Once **meatloaves** and **green beans** are done, sprinkle **almonds** over green beans and toss to combine. Divide meatloaves between plates and serve with **sweet potato mash** and green beans on the side.

## SMASH HIT!

Honeyed sweet potatoes are a vitamin A-packed game-changer.

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