



BBQ-Glazed Meatloaf

with Veggie Jumble and BBQ Potato Wedges

30 Minutes



Ground Beef



BBQ Sauce



BBQ Seasoning



Green Beans



Sugar Snap Peas



Garlic



Russet Potato



Panko Breadcrumbs



Soy Sauce



Mayonnaise

HELLO SOY SAUCE

This savoury sauce adds an extra boost of flavour to meatloaf!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

2 Baking sheets, measuring spoons, aluminum foil, large bowl, parchment paper, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
BBQ Sauce	4 tbsp	8 tbsp
BBQ Seasoning	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Sugar Snap Peas	113 g	227 g
Garlic	6 g	12 g
Russet Potato	460 g	920 g
Panko Breadcrumbs	¼ cup	½ cup
Soy Sauce	½ tbsp	1 tbsp
Mayonnaise	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast potatoes

Cut **potatoes** into ½-inch wedges. Add **potatoes**, **half the BBQ Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to combine. Transfer **potatoes** to a parchment-lined baking sheet and arrange in a single layer. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min.



Cook veggies

While **meatloaves** roast, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **remaining garlic**. Cook, stirring often, until fragrant, 1 min. Add **green beans**, **snap peas** and **3 tbsp water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 5-7 min.



Prep

Trim, then halve **green beans**. Trim **snap peas**. Peel, then mince or grate **garlic**. Stir together **mayo** and **1 tbsp BBQ sauce** (dbl for 4 ppl) in a small bowl. Season with **pepper**.



Finish and serve

Divide **meatloaves**, **potatoes** and **veggies** between plates. Serve **BBQ mayo** on the side, for dipping.

Dinner Solved!



Make meatloaves

Combine **beef**, **soy sauce**, **panko**, **half the garlic** and **remaining BBQ Seasoning** in the same large bowl (from step 1). Season with **pepper**. Divide **beef mixture** in half (divide into quarters for 4 ppl) on a foil-lined baking sheet. Shape **each portion** into 1-inch thick ovals. Spread **remaining BBQ sauce** over tops of **meatloaves**. Roast in the **top** of the oven, until cooked through, 14-16 min. **