



# Beyond Meat® Meatloaf with Mash and BBQ sauce

**FAMILY** 40 Minutes



Beyond Meat®



Russet Potato



Carrot



Green Peas



Shallot



Garlic



BBQ Sauce



Chives



Italian Breadcrumbs



Honey

**HELLO BEYOND MEAT®**

*You won't believe the meat-like texture of this plant-based protein!*

# Start Strong

Before starting, preheat the oven to 425°F and wash and dry all produce.

## Bust Out

Baking Sheet, Large Bowl, Large Pot, Measuring Cups, Measuring Spoons, Peeler, Potato Masher, Silicone Brush, Strainer, Box Grater, Aluminum Foil, Garlic Press, Large Non-Stick Pan

## Ingredients

	4 Person
Beyond Meat®	4
Russet Potato	920 g
Carrot	340 g
Green Peas	113 g
Shallot	100 g
Garlic	12 g
BBQ Sauce	½ cup
Chives	14 g
Italian Breadcrumbs	4 tbsp
Honey	4 tsp
Unsalted Butter*	¼ cup
Milk*	½ cup
Oil*	
Salt and Pepper*	

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°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.*

## Contact

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## 1. COOK POTATOES

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



## 4. MAKE & BAKE MEATLOAF

While **carrots** cook, crumble **Beyond Meat®** into a large bowl. Add **breadcrumbs**, **garlic**, **shallot** and **half the chives**. Using your hands, combine the **mixture**. Working directly on a foil-lined baking sheet, form **meatloaf mixture** into **two 2-inch thick loaves**. Brush over **half the BBQ sauce**. Bake in **middle** of oven, until cooked through, 12-15 min. \*\*



## 2. PREP

While **potatoes** cook, thinly slice **chives**. Peel, then cut **carrots** into ¼-inch thick half-moons. Peel, then coarsely grate or finely mince **shallot**. Peel, then mince or grate **garlic**.



## 5. FINISH MASH

When **potatoes** are done, drain and return them to the same pot, off heat. Mash in **3 tbsp butter**, **½ cup milk** and **remaining chives** until smooth. Season with **salt** and **pepper**.



## 3. COOK VEGGIES

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter**, then **carrots**, **honey** and **½ cup water**. Simmer, stirring occasionally, until tender, 12-14 min. Add **peas**. Cook, stirring often, until warmed through, 3-4 min. Season with **salt** and **pepper**.



## 6. FINISH AND SERVE

Slice **meatloaf**. Divide **mash**, **veggies** and **meatloaf** between plates. Serve with the **remaining BBQ sauce**, for dipping!

# Dinner Solved!