



Classic Beef Meatloaf

with Cheddar-Chive Smashed Potatoes and Roasted Broccoli

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Ground Beef



Russet Potato



Broccoli, florets



Shallot



Chives



Ketchup



Soy Sauce



Sour Cream



Cheddar Cheese, shredded



Panko Breadcrumbs

HELLO KETCHUP

This everyday fave adds an addictive sweet and smoky flavour!

Start here

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

Bust Out

2 Baking sheets, medium bowl, colander, measuring spoons, potato masher, box grater, aluminum foil, measuring cups, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Shallot	50 g	100 g
Chives	7 g	7 g
Ketchup	¼ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	½ cup	1 cup
Panko Breadcrumbs	¼ cup	½ cup
Milk*	¼ cup	½ cup
Butter*	1 tbsp	2 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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Prep & 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. (NOTE: Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



Roast broccoli

On another baking sheet, toss **broccoli** with **1 tbsp oil** (dbl for 4ppl). Season with **salt** and **pepper**. Roast in the **middle** of the oven until tender, 10-12 min.



Prep

Cut **broccoli florets** into bite-sized pieces. Peel, then coarsely grate **shallot** using a box grater. Thinly slice **chives**. In a medium bowl, combine **beef** with **shallots**, **soy sauce**, **breadcrumbs** and **¼ tsp salt** (dbl for 4ppl). Season with **pepper**.



Finish smashed potatoes

When the **potatoes** are tender, drain and return to the same pot. Add **sour cream**, **¼ cup milk** and **1 tbsp butter** (dbl both for 4ppl). Using a **potato masher**, mash together until creamy. Stir in **cheddar** and **half the chives** and season with **salt** and **pepper**.



Roast meatloaves

On a foil-lined baking sheet divide **beef mixture** in half (divide into four for 4 ppl) and form each portion into 1-inch thick ovals. Spread **ketchup** over tops of **meatloaves**. Bake in the **top** of the oven until cooked through, 12-14 min.



Finish & serve

Divide **cheddar-chive smashed potatoes**, **broccoli** and **meatloaves** between plates. Sprinkle over **remaining chives**.

Dinner Solved!