



Glazed Meatloaf and Garlicky Green Beans

with Cheddar-Chive Smashed Sweet Potatoes

30 Minutes



Ground Beef



Sweet Potato



Green Beans



Garlic



Panko Breadcrumbs



Ketchup



Soy Sauce



Cheddar Cheese,
shredded



Chives

HELLO MINI MEATLOAFS

Our individual meatloaves bake up in no time without sacrificing flavour!

Start here

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

Bust Out

Baking sheet, medium bowl, vegetable peeler, colander, measuring spoons, potato masher, aluminum foil, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Garlic	6 g	12 g
Panko Breadcrumbs	¼ cup	½ cup
Ketchup	¼ cup	½ cup
Soy Sauce	1 tbsp	2 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Chives	7 g	7 g
Unsalted 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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Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **potatoes**, **1 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.



Cook green beans

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



Prep

While **sweet potatoes** cook, trim, then halve **green beans**. Peel, then mince or grate **garlic**. Thinly slice **chives**. Combine **beef** with **soy sauce**, **breadcrumbs** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Season with **pepper**.



Finish sweet potatoes

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



Roast meatloaves

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 **ketchup** over tops of **meatloaves**. Roast in the **top** of the oven, until cooked through, 15-17 min.**



Finish and serve

Divide **cheddar-chive smashed sweet potatoes**, **green beans** and **meatloaves** between plates. Sprinkle **remaining chives** over top.

Dinner Solved!