



Lamb Meatloaf

with Gravy, Corn and Carrots

40 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 Lamb



Italian Breadcrumbs



Rosemary



Russet Potato



Carrot



Corn Kernels



Beef Broth Concentrate



Shallot



Garlic



Tomato Sauce



Cornstarch

HELLO ROSEMARY

This woody herb packs a fragrant and savoury punch!

Start here

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

Bust Out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, potato masher, strainer, large bowl, parchment paper, small pot, measuring cups, whisk, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Lamb	250 g	500 g
Italian Breadcrumbs	½ cup	1 cup
Rosemary	1 sprig	2 sprig
Russet Potato	460 g	920 g
Carrot	340 g	680 g
Corn Kernels	56 g	113 g
Beef Broth Concentrate	1	2
Shallot	100 g	200 g
Garlic	6 g	12 g
Tomato Sauce	2 tbsp	4 tbsp
Cornstarch	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	¼ cup	½ cup
Sugar*	½ tsp	1 tsp
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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Strip **1 tbsp rosemary leaves** (dbl for 4 ppl) from stems and finely chop. Peel, then cut **carrots** into ½-inch thick pieces. Peel, then mince the **shallot**. Peel, then mince or grate **garlic**.



Cook veggies

Heat a large non-stick pan over medium heat. When hot, add **carrots**, **½ cup water** and **1 tbsp butter** (dbl both for 4 ppl). Simmer, stirring occasionally, until **carrots** are almost tender and **liquid** is absorbed, 9-10 min. Add the **corn**. Cook stirring occasionally, until **corn** and **carrots** are tender, 2-3 min. Season with **salt** and **pepper**.



Make and bake meatloaf

Add **lamb**, **garlic**, **breadcrumbs**, **tomato sauce**, **half the rosemary** and **half the shallots** to a large bowl. Using your hands, combine the **mixture**. Form **meatloaf mixture** into a 1 ½-inch thick loaf. (**NOTE:** for 4ppl make two meatloaves). Transfer **meatloaf** to a parchment-lined baking sheet. Bake in the **middle** of the oven, until cooked through, 18-22 min.**



Make gravy

While **veggies** cook, whisk together **broth concentrate**, **cornstarch**, **remaining rosemary** and **1 cup water** (dbl for 4 ppl) in a medium bowl. Heat a small pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **remaining shallots**. Cook, stirring often, until softened, 2-3 min. Add **broth mixture**. Cook, stirring often, until **gravy** has thickened slightly, 2-3 min.



Cook potatoes

While the **meatloaf** bakes, 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.



Finish and serve

When **potatoes** are done, drain and return them to the same pot, off heat. Mash in **1 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl), until smooth. Season with **salt** and **pepper**. Slice **meatloaf**. Divide **mash**, **veggies** and **meatloaf** between plates. Spoon **gravy** over top.

Dinner Solved!