



Smart Beef Meatloaves and Veggies

with Savoury Bell Pepper Gravy

Carb Smart

Calorie Smart

30 Minutes



Ground Beef



Russet Potato



Broccoli, florets



Sweet Bell Pepper



Chives



Gravy Spice Blend



Italian Breadcrumbs



Garlic Salt



Beef Broth Concentrate

HELLO GRAVY SPICE BLEND

The ideal blend to thicken gravies or sauces and add savoury flavour to any dish!

Start here

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

Bust out

2 Baking sheets, medium bowl, measuring spoons, parchment paper, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Russet Potato	230 g	460 g
Broccoli, florets	227 g	454 g
Sweet Bell Pepper	160 g	320 g
Chives	7 g	14 g
Gravy Spice Blend	2 tbsp	4 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Garlic Salt	1 tsp	2 tsp
Beef Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Prep

- Cut any large **broccoli florets** into bite-sized pieces.
- Core, then cut **pepper** into ½-inch pieces.
- Cut **potato** into ½-inch pieces.
- Finely chop **chives**.



Make gravy

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 30 sec.
- Add **peppers**. Cook stirring often, until **peppers** are tender-crisp, 2-3 min.
- Sprinkle **Gravy Spice Blend** and **¼ tsp sugar** (dbl for 4 ppl) over **peppers**. Stir to coat.
- Slowly add **¾ cup water** (dbl for 4 ppl) and **broth concentrate**, whisking until smooth.
- Cook, stirring often, until **peppers** have softened and **gravy** has thickened slightly, 2-3 min.
- Season to taste with **salt** and **pepper**.



Roast veggies

- Add **broccoli, potatoes, half the garlic salt** and **1 ½ tbsp oil** to an unlined baking sheet (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 ½ tbsp oil per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 20-22 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Finish and serve

- Divide **veggies** and **meatloaves** between plates.
- Spoon **gravy** over **meatloaves**. Sprinkle **remaining chives** over top.

Dinner Solved!



Form and roast meatloaves

- Meanwhile, line a baking sheet with parchment paper.
- Add **beef, breadcrumbs, remaining garlic salt** and **half the chives** to a medium bowl. Season with **pepper**, then combine.
- Divide **beef mixture** in half (divide into 4 for 4 ppl), then form **each portion** into **1-inch-thick ovals** on the prepared baking sheet.
- Roast in the **top** of the oven until cooked through, 12-14 min.**