



MEATLOAF À LA MOM

with Roasted Root Veggies & Thyme Gravy



HELLO

THYME GRAVY

Comforting, herbaceous, and ready in a flash, this gravy's just what the mama ordered.

PREP: 15 MIN | TOTAL: 45 MIN | CALORIES: 630



Shallot



Thyme



Russet Potato



Panko Breadcrumbs
(Contains: Wheat)



Flour
(Contains: Wheat)



Garlic



Baby Carrots



Ground Beef



Ketchup



Beef Stock Concentrate

START STRONG

Make sure to start stirring the flour as soon as it goes into the pan in step 5. This will help eliminate any lumps or clumps in the finished gravy.

BUST OUT

- Box grater
- K kosher salt
- Medium bowl
- Black pepper
- 2 Baking sheets
- Medium pan
- Whisk
- Olive oil (2 tsp | 2 tsp)
- Butter (½ TBSP | 1 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Shallot **1** | **2**
- Garlic **2 Cloves** | **4 Cloves**
- Thyme **¼ oz** | **½ oz**
- Baby Carrots **8 oz** | **16 oz**
- Russet Potato **1** | **2**
- Ground Beef* **10 oz** | **20 oz**
- Panko Breadcrumbs **¼ Cup** | **½ Cup**
- Ketchup **2 TBSP** | **2 TBSP**
- Flour **1 TBSP** | **2 TBSP**
- Beef Stock Concentrate **1** | **2**

* Ground Beef is fully cooked when internal temperature reaches 160 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.** Halve and peel **shallot**. Grate one half on the largest holes of a box grater; place in a medium bowl (use a large bowl for 4 servings). Mince remaining shallot. Mince **garlic**. Strip **thyme leaves** from stems; roughly chop leaves and discard stems. Halve **carrots** lengthwise. Cut **potato** into ½-inch-thick wedges.



4 BAKE MEATLOAVES

Once **potato** has roasted 7 minutes, remove baking sheet from oven, leaving carrots roasting. Push potato to one side of sheet. Place **meatloaves** on empty side; brush tops of loaves with half the **ketchup** (all the ketchup for 4 servings). Return to oven and continue roasting until meatloaves are cooked through and potato is tender, 15-18 minutes more.

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2 ROAST VEGGIES

Toss **carrots** on a baking sheet with a drizzle of **olive oil, salt, and pepper**. Toss **potato** on a separate baking sheet with a drizzle of **olive oil, salt, and pepper**. Roast, swapping baking sheet positions halfway through, until browned and tender, 25-30 minutes total (we'll add more ingredients to sheet with potato after 7 minutes).



5 MAKE GRAVY

Meanwhile, melt ½ **TBSP butter** (1 TBSP for 4 servings) in a medium pan over medium heat. Add **minced shallot** and remaining **thyme**. Cook, stirring, until shallot is softened, 3-4 minutes. Sprinkle **flour** into pan; stir vigorously to combine. Whisk in **stock concentrate** and ½ **cup water** (1 cup for 4). Bring to a simmer and cook until thickened and saucy, 3-4 minutes. Season with **salt and pepper**.



3 FORM MEATLOAVES

Meanwhile, to bowl with **grated shallot**, add **beef, garlic, panko**, half the **thyme, salt** (we used ¾ tsp; 1½ tsp for 4 servings), and **pepper**. Gently combine, then form mixture into two 1-inch-tall loaves (four loaves for 4).



6 SERVE

Slice **meatloaves** crosswise. Divide meatloaves, **carrots**, and **potato** between plates. Spoon **gravy** over meatloaves and serve.

SOOOOOO 2020

Want to push the limit of Mom's favorite recipe? You can stir crumbled cooked bacon, chopped chipotle in adobo, and even shredded cheese into your meatloaf mix.

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