



Beef & Pistachio Meatloaves

with Peppercorn Gravy, Fries & Tomato Salad

FESTIVE FAVES



Grab your Meal Kit with this symbol



Brown Onion



Rosemary



Pistachios



Black Peppercorns



Panko Breadcrumbs



Nan's Special Seasoning



BBQ Sauce



Potato



Gravy Granules



Cucumber



Mixed Salad Leaves



Beef Mince

Prep in: 25-35 mins
Ready in: 45-55 mins

Have a holly, jolly Christmas with these BBQ-glazed and pistachio-based meatloaves that will have your kitchen smelling divine. The best part is that the kids can help out with this one too. Look out for the Little cooks tips to have your little ones help make this festive dish!

Pantry items

Olive Oil, Egg, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
rosemary	2 sticks	4 sticks
pistachios	1 medium packet	2 medium packets
black peppercorns	1 medium sachet	1 large sachet
beef mince	1 medium packet	1 large packet
panko breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
salt*	¼ tsp	½ tsp
BBQ sauce	1 packet	2 packets
potato	2	4
gravy granules	1 medium packet	1 large packet
boiling water*	½ cup	1 cup
cucumber	1	2
mixed salad leaves	1 medium bag	1 large bag
red wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2795kJ (668Cal)	444kJ (106Cal)
Protein (g)	45g	7.1g
Fat, total (g)	23.3g	3.7g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	66g	10.5g
- sugars (g)	22.4g	3.6g
Sodium (mg)	1470mg	234mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW50



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **brown onion** (see ingredients). Pick and finely chop **rosemary**. Roughly chop **pistachios**.
- Crush **black peppercorns** with a pestle and mortar, or in their sachet using a rolling pin.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Make the gravy

- When meatloaves have **5 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **peppercorns** for **30 seconds** or until fragrant. Transfer to a medium heatproof bowl.
- Add **gravy granules** and the **boiling water** and whisk until smooth, **1 minute**.



Bake the meatloaves

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until tender, **3-5 minutes**.
- In a large bowl, combine **beef mince**, **onion**, **pistachios**, **panko breadcrumbs**, **Nan's special seasoning**, **rosemary**, the **egg**, the **salt** and 1/2 the **peppercorns**.
- Shape **beef mixture** into loaves about 12cm long and 5cm thick (1 per person). Place on a lined oven tray and bake until lightly browned, **25-30 minutes**.
- Brush over **BBQ sauce** and bake, until browned and cooked through, for a further **10 minutes**.

Little cooks: Join the fun by helping to combine the ingredients and shaping the mixture into meatloaves!



Toss the salad

- Thinly slice **cucumber** into half-moons.
- In a large bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **red wine vinegar** and **olive oil**. Season.

Little cooks: Help wash and toss the salad!



Bake the fries

- Meanwhile, cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Serve up

- Slice meatloaves.
- Divide beef & pistachio meatloaves, fries and cucumber salad between plates.
- Pour over peppercorn gravy to serve. Enjoy!

Rate your recipe

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