



Mini Beef Meatloaves & Mash

with Peppercorn Gravy & Steamed Green Veggies

WINTER WARMERS

Grab your Meal Kit with this symbol



Potato



Brown Onion



Black Peppercorns



Beef Mince



Panko Breadcrumbs



Aussie Spice Blend



Garlic Paste



Sweet & Savoury Glaze



Green Veg Mix



Gravy Granules



Diced Bacon

Prep in: 35-45 mins
Ready in: 40-50 mins

Our Slow Cook recipes are perfect for those cold nights - switch on your oven and get ready to cook low and slow to pack maximum flavour. Tonight, we've got homey beef meatloaves paired with steamed veggies, fluffy mash and peppercorn gravy. We promise that your kitchen will be smelling divine as this one cooks!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Butter, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Medium baking dish · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
brown onion	½	1
black peppercorns	½ medium sachet	1 medium sachet
beef mince	1 small packet	1 medium packet
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
egg*	1	2
sweet & savoury glaze	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
green veg mix	1 medium bag	1 large bag
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3235kJ (773Cal)	457kJ (109Cal)
Protein (g)	46.5g	6.6g
Fat, total (g)	34.5g	4.9g
- saturated (g)	17.5g	2.5g
Carbohydrate (g)	65.1g	9.2g
- sugars (g)	19.9g	2.8g
Sodium (mg)	1280mg	181mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3646kJ (871Cal)	484kJ (116Cal)
Protein (g)	53.6g	7.1g
Fat, total (g)	40.6g	5.4g
- saturated (g)	19.8g	2.6g
Carbohydrate (g)	65.9g	8.7g
- sugars (g)	20.4g	2.7g
Sodium (mg)	1726mg	229mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **potato** into large chunks. Finely chop **brown onion (see ingredients)**.
- Crush **black peppercorns (see ingredients)** with a pestle and mortar, or in their sachet using a rolling pin.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until tender, **3-5 minutes**.



Steam the veggies

- When the potatoes have **5 minutes** remaining, place **green veg mix** with a splash of **water** in a large microwave-safe bowl. Cover with a damp paper towel.
- Microwave on high until just tender, **2-4 minutes**.
- Drain **veggies**, then return to the bowl with a drizzle of **olive oil**, season and cover to keep warm.



Bake the meatloaves

- In a large bowl, combine **beef mince**, **onion**, **panko breadcrumbs**, **Aussie spice blend**, **garlic paste**, the **egg** and a good pinch of **salt** and **pepper**.
- Shape **beef mixture** into loaves about 12cm long and 5cm thick (1 per person).
- Place in a medium baking dish and bake, until browning, **25-30 minutes**.
- Remove tray from oven, drain **oil**, then brush over **sweet & savoury glaze** and bake, until browned and cooked through, a further **10 minutes**.



Make the gravy

- Meanwhile, in a medium bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people/1 cup for 4 people), whisking, until smooth, **1 minute**.
- Stir in **crushed peppercorns**, until combined.

Custom Recipe: If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Add the bacon to the gravy along with the crushed peppercorns, stirring to combine.



Make the mash

- When meatloaves have **20 minutes** remaining, boil the kettle.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return **potatoes** to pan.
- Add the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Serve up

- Slice meatloaves.
- Divide mini beef meatloaves, mash and steamed green veggies between plates.
- Pour over peppercorn gravy to serve. Enjoy!

Rate your recipe

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