



Mini Beef Meatloaves & Mash

with Steamed Veggies & Gravy

NEW

Grab your meal kit with this number

23



Potato



Carrot



Broccoli Florets



Onion



Beef Mince



Panko Breadcrumbs



Aussie Spice Blend



Garlic Paste



Onion Chutney



Gravy Granules



Grated Parmesan Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 40-50 mins

Sink your fork into a slice of nostalgia with these hearty, flavour-packed meatloaves! Comfort food at its finest, it's a savoury blend of beef mince, spices and breadcrumbs that brings a smile with every bite. We've served it alongside classic sides like mash and gravy. Dig in!

Pantry items

Olive Oil, Egg, Butter, Milk

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 or large baking dish · Large saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
broccoli florets	1 medium packet	1 large packet
onion	½	1
beef mince	1 medium packet	2 medium packets OR 1 large packet
panko breadcrumbs	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
garlic paste	1 small packet	1 medium packet
egg*	1	2
onion chutney	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3806kJ (910cal)	321kJ (77cal)
Protein (g)	48g	4.1g
Fat, total (g)	43.4g	3.7g
- saturated (g)	20.4g	1.7g
Carbohydrate (g)	79.4g	6.7g
- sugars (g)	30.4g	2.6g
Sodium (mg)	1418mg	119.7mg
Dietary Fibre (g)	11.9g	1g

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/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

2024 | CW40



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Peel and cut **potato** into large chunks. Thinly slice **carrot** into sticks.
- Cut any larger **broccoli florets** in half.
- Finely chop **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, until tender, **3-5 minutes**.

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



Finish the veggies

- Transfer **veggies** to a bowl. Season and cover to keep warm.
- Drain **potatoes** and return to saucepan. Add the **butter, milk** and a pinch of **salt** and mash until smooth.



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 baking dish and bake, until beginning to brown, **25-30 minutes**.
- Remove baking dish from oven, drain any excess **oil**, then evenly spread **onion chutney** over the top and sides of the **meatloaves**. Bake, until browned and cooked through, for 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**.



Start the veggies

- 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 for **6 minutes**. Place a colander or steamer basket on top and add **broccoli** and **carrot**.
- Cover and steam until **veggies** are tender, and **potatoes** are easily pierced with a knife, for a further **7-8 minutes**.



Serve up

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

CUSTOM OPTIONS

+ ADD GRATED PARMESAN CHEESE
Add to mash with butter and milk.

+ ADD DICED BACON
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Stir through gravy before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

