



Beef & Almond Meatloaves

with Gravy, Potato Fries & Tomato Salad

XMAS IN JULY

KID FRIENDLY



Grab your Meal Kit with this symbol



Brown Onion



Rosemary



Roasted Almonds



Beef Mince



Panko Breadcrumbs



Nan's Special Seasoning



BBQ Sauce



Potato Fries



Tomato



Mixed Salad Leaves



Gravy Granules



Diced Bacon

Prep in: 25-35 mins
Ready in: 50-60 mins

Have a holly, jolly Christmas in July with these BBQ-glazed and almond-based meatloaves that will have your kitchen smelling divine. Served with a steaming gravy, salad and fries, your dish will become the talk of the table!

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

Pantry items

Olive Oil, Egg, Vinegar (White Wine or Balsamic)

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 · 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
roasted almonds	1 medium packet	1 large packet 2 small packets OR 1 large packet
beef mince	1 small packet	
panko breadcrumbs	1 medium packet	2 medium packets
Nan's special seasoning	1 medium sachet	1 large sachet
egg*	1	2
BBQ sauce	1 packet	2 packets
potato fries	1 medium bag	1 large bag
tomato	1	2
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
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)	2916kJ (697Cal)	484kJ (116Cal)
Protein (g)	45.3g	7.5g
Fat, total (g)	24.9g	4.1g
- saturated (g)	7.1g	1.2g
Carbohydrate (g)	69.3g	11.5g
- sugars (g)	20g	3.3g
Sodium (mg)	1217mg	202mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3304kJ (790Cal)	510kJ (122Cal)
Protein (g)	52.2g	8.1g
Fat, total (g)	31.6g	4.9g
- saturated (g)	9.6g	1.5g
Carbohydrate (g)	70.1g	10.8g
- sugars (g)	20.5g	3.2g
Sodium (mg)	1648mg	254mg

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**.
- Finely chop **brown onion (see ingredients)**.
- Pick and finely chop **rosemary leaves**.
- Roughly chop **roasted almonds**.



Toss the salad

- Boil the kettle. When meatloaves have **5 minutes** remaining, cut **tomato** into thin wedges.
- In a second large bowl, combine **mixed salad leaves, tomato** and a drizzle of the **vinegar** and **olive oil**. Season.



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, almonds, panko breadcrumbs, Nan's special seasoning, rosemary**, the **egg** and a pinch of **salt**.
- Shape **beef mixture** into loaves about 12cm long and 5cm thick (1 per person). Place on a lined oven tray and bake, until browning, **25-30 minutes**.
- Remove **meatloaves** from oven. Brush over **BBQ sauce** and bake, until browned and cooked through, for a further **10 minutes**.



Make the gravy

- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

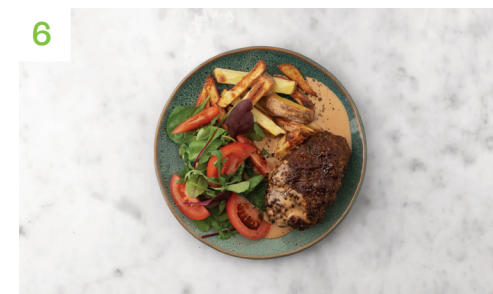
Custom Recipe: If you've added diced bacon, return the large frying pan to medium-high heat, with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Once the gravy is smooth, stir through diced bacon.



Bake the fries

- Meanwhile, place **potato fries** on a second 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

- Divide beef and almond meatloaves, fries and tomato salad between plates.
- Pour over gravy to serve. Enjoy!

Rate your recipe

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