



# Beef & Walnut Meatloaves

with Peppercorn Gravy, Sweet Potato Fries & Tomato Salad

FESTIVE FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Brown Onion



Rosemary



Walnuts



Black Peppercorns



Beef Mince



Panko Breadcrumbs



Nan's Special Seasoning



BBQ Sauce



Sweet Potato



Gravy Granules



Cucumber



Snacking Tomatoes



Mixed Salad Leaves



Pork Mince

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

Have a holly, jolly Christmas with these BBQ-glazed and walnut-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!

**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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	½	1
rosemary	2 sticks	4 sticks
walnuts	1 medium packet	1 large packet
black peppercorns	1 medium sachet	1 large sachet
beef mince	1 small packet	2 small packets OR 1 large packet
panko breadcrumbs	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
<b>salt*</b>	¼ tsp	½ tsp
BBQ sauce	1 packet	2 packets
sweet potato	2	4
gravy granules	1 medium packet	1 large packet
<b>boiling water*</b>	½ cup	1 cup
cucumber	1	2
snacking tomatoes	½ punnet	1 punnet
mixed salad leaves	1 medium bag	2 medium bags
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
pork mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2938kJ (702Cal)	409kJ (98Cal)
Protein (g)	43.8g	6.1g
Fat, total (g)	25g	3.5g
- saturated (g)	7.1g	1g
Carbohydrate (g)	73.1g	10.2g
- sugars (g)	29.9g	4.2g
Sodium (mg)	1488mg	207mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2910kJ (696Cal)	405kJ (97Cal)
Protein (g)	40.3g	5.6g
Fat, total (g)	25.9g	3.6g
- saturated (g)	6.6g	0.9g
Carbohydrate (g)	73.1g	10.2g
- sugars (g)	29.9g	4.2g
Sodium (mg)	1487mg	207mg

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



## Get prepped

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

**Little cooks:** Help pick the rosemary from the stems!



## 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** (½ cup for 2 people / 1 cup for 4 people), whisking, 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, walnuts, panko breadcrumbs, Nan's special seasoning, rosemary**, the **egg, salt** and half the **peppercorns**.
- Shape **beef mixture** into loaves about 12cm long and 5cm thick (1 per person). Place **meatloaves** on a lined oven tray and bake until browning, **25-30 minutes**.
- Brush over **BBQ sauce** and bake until browned and cooked through, a further **10 minutes**.

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

**Custom Recipe:** If you've swapped to pork mince, make and bake the pork meatloaves as above.



## Toss the salad

- Thinly slice **cucumber** into half-moons.
- Halve **snacking tomatoes (see ingredients)**.
- In a second large bowl, combine **mixed salad leaves, cucumber, snacking tomatoes** and a drizzle of **vinegar** and **olive oil**. Season.

**Little cooks:** Help wash and toss the salad!



## Bake the fries

- Meanwhile, cut **sweet potato** into fries.
- Place **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

- Slice meatloaves.
- Divide beef and walnut meatloaves, sweet potato fries and tomato salad between plates.
- Pour over peppercorn gravy to serve. Enjoy!

## Were here to help!

Scan here if you have any questions or concerns

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