



Grilled Meatloaf Burgers

with Sweet Potatoes and Green Onion Mayo

Grill

Family Friendly

30 - 40 Minutes



Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

↻ Swap	↻ Swap
Ground Turkey 250g 500g	Beyond Meat® 2 4



Ground Beef and Pork Mix 250 g 500 g	Green Onion 2 4
Mayonnaise 4 tbsp 8 tbsp	Sweet Potato 2 4
Garlic Salt 1 tsp 2 tsp	Ketchup 2 tbsp 4 tbsp
Brown Sugar 1 tbsp 2 tbsp	Italian Breadcrumbs 4 tbsp 8 tbsp
Worcestershire Sauce 1 tbsp 2 tbsp	Artisan Bun 2 4
Spring Mix 28 g 56 g	Crispy Shallots 28 g 56 g

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

vida
PADERNO

No Purchase Necessary. Mail-in essay permitted as an alternate form of entry. This contest ("Contest") is sponsored and operated by GDE Grocery Delivery E-Service Canada Inc. ("HelloFresh"). Contest open to individuals legally resident in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador who are the legal age of majority or older in the province of residence at time of entry. Contest closed to residents of Quebec. Contest begins June 5, 2024 at 9:00 a.m. EST and ends on June 30, 2024 at 11:59 p.m. EST. Skill-testing question required. Odds of winning depends on number of eligible entries. No set number of prizes has been allocated to any particular province or region. Limit six entries per person per week. If entering via eligible purchase, only marked summer recipes are eligible. 25 Prizes: each a Vida by PADerno Essence Series 4-burner Propane Gas BBQ Grill (approx. retail value of \$245.99 CAD). Canadian Tire is not a sponsor, co-sponsor, or administrator of the contest. Full contest rules and details are accessible at [hellofresh.ca/freshsummer](https://www.hellofresh.ca/freshsummer).

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2 person | 4 person

Pantry items | Pepper, salt, oil, milk

Cooking utensils | Large bowl, measuring spoons, medium bowl, 2 small bowls

1



Prep

- Before starting, wash and dry all produce.
- Lightly oil the grill. While you prep, preheat the grill over medium-high heat (approx. 500°F).

- Thinly slice **green onions**.
- Add **mayo** and **half the green onions** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.
- Cut **sweet potatoes** lengthwise into ½-inch thick slices.
- Add **sweet potatoes**, **half the garlic salt** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **pepper**, then toss to coat.
- Combine **ketchup** and **brown sugar** in another small bowl. (**NOTE:** This is your glaze.)

4



Grill meatloaf patties

- Meanwhile, add **patties** to the other side of the grill.
- Close lid and grill **patties**, carefully flipping once, until cooked through, 4-5 min per side.**
- Spread **glaze** (from step 1) over tops of **patties**. Close lid and grill until **glaze** is warmed through, 1-2 min.

2



Form patties

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Add **breadcrumbs**, **Worcestershire sauce**, **remaining green onions**, **remaining garlic salt** and **2 tbsp** (4 tbsp) **milk** to a large bowl. Season with **pepper**, then stir until **milk** is absorbed.
- Crumble in **beef and pork mix**, then combine.
- Form **mixture** into **two 5-inch-wide patties** (4 patties for 4 ppl).

3



Grill sweet potatoes

- Add **sweet potatoes** to one side of the grill, then reduce heat to medium. Close lid and grill, flipping once, until grill-marked and tender, 14-16 min.

5



Toast buns

- Halve **buns**.
- When **sweet potatoes** and **meatloaf patties** are almost done, add **buns** to grill, cut-side down. (**NOTE:** Don't overcrowd the grill! Toast buns after sweet potatoes and patties are done if there isn't enough grill space.)
- Close lid and grill until toasted, 1-2 min. (**TIP:** Keep an eye on buns so they don't burn!)

6



Finish and serve

- Spread **some green onion mayo** on **bottom buns**. Spread **any remaining glaze** on top **buns**.
- Stack **bottom buns** with **spring mix**, **meatloaf patties** and **crispy shallots**. Close with **top buns**.
- Divide **burgers** and **grilled sweet potatoes** between plates.
- Serve **remaining green onion mayo** alongside for dipping.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Form patties

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef and pork mix**.**

2 | Form patties

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, skip the instructions to form the **patties**. Cook in the same way the recipe instructs you to cook the **beef and pork mix**.**

** Cook to a minimum internal temperature of 74°C/165°F.