



Smart Mini Fig-Glazed Turkey Meatloaves

with Pan-Tossed Potatoes and Creamy Green Beans

Calorie Smart

Carb Smart

30 Minutes



Ground Turkey



Panko Breadcrumbs



Thyme



Garlic Powder



Fig Spread



Dijon Mustard



Red Potato



Green Beans



Cream Cheese

HELLO FIG SPREAD

This sweet condiment is punctuated with crunchy fig seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, silicone brush, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Turkey	250 g	500 g
Panko Breadcrumbs	¼ cup	½ cup
Thyme	7 g	7 g
Garlic Powder	1 tsp	2 tsp
Fig Spread	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Red Potato	300 g	600 g
Green Beans	170 g	340 g
Cream Cheese	43 g	86 g
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

* Pantry items

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

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.

Contact

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Parboil potatoes

- Quarter **potatoes**.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.
- Drain **potatoes**.



Cook green beans

- Meanwhile, heat a large non-stick pan over medium-high heat. When hot, add **green beans** and **½ cup water** (dbl for 4 ppl). Bring to a simmer.
- Once simmering, cook, stirring occasionally, until **beans** are tender-crisp and **water** reduces by half, 3-4 min.
- Add **cream cheese** and **remaining garlic powder**. Cook, stirring often, until **sauce** is smooth and **beans** are tender, 2-3 min. (**TIP**: If the sauce reduces too much, add water, 1 tbsp at a time.)
- Season with **salt** and **pepper**, to taste. Remove the pan from heat. Add **1 tbsp butter** and **remaining Dijon**, then stir until **butter** melts, 1 min.



Prep

- Strip **2 tsp thyme leaves** (dbl for 4 ppl) from stems, then finely chop.
- Trim, then halve **green beans**.
- Line a baking sheet with parchment.
- Add **turkey, panko, half the Dijon, half the thyme, half the garlic powder** and **¼ tsp salt** to a large bowl. (**TIP**: If you prefer a firmer meatloaf, add an egg to the mixture!)
- Season with **pepper**, then combine.



Finish potatoes

- Transfer **green beans** to a plate, then cover to keep warm.
- Carefully wipe the pan clean.
- Heat the pan over medium-high.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **potatoes**. Cook, stirring occasionally, until golden-brown, 3-4 min. Season with **salt** and **pepper**, to taste.



Bake meatloaves

- Divide **turkey mixture** into **two equal portions** (four portions for 4 ppl), then form **each portion** into a **1-inch-thick oval** on the prepared baking sheet.
- Brush **fig spread** over **tops of meatloaves**.
- Bake in the **top** of the oven until cooked through, 12-14 min.**



Finish and serve

- Divide **meatloaves, potatoes** and **green beans** between plates.
- Sprinkle **remaining thyme** over **potatoes**, if desired.

Dinner Solved!