Rustic Meatloaf

with Mash and Mushroom Gravy

A classic for a reason!

hellóchef

Cals 1273 • Prot 48 • Carbs 87 • Fat 82

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

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Meatloaf	2 ppl	3 ppl	4 ppl			
Beef mince	350	525	700	Grams		
Carrot	1	1	2	Piece		
Red onion	1	1	2	Piece		
Fresh parsley	15	15	15	Grams		
Worcestershire sauce 6*, 11*	15	22	30	ML		
Fresh breadcrumbs 4*, 10*	20	30	40	Grams		
Organic Eggs 5*	1	1	2	Piece		
Ketchup	16	24	32	Grams		
Salt	1	1	2	Tsp		
Black pepper	0.5	0.5	1	Tsp		
Mash						
Potatoes	600	900	1200	Grams		
Butter 4*	20	30	40	Grams		
Whole milk 4*	200	200	200	ML		
Salt	1	1	2	Tsp		
Gravy						
Water	400	600	800	ML		
Beef stock cube 4* , 5* , 9* , 11* , 15*	0.5	1	1	Piece		
Chestnut mushrooms	250	250	500	Grams		
Butter 4 *	20	30	40	Grams		
Dried thyme	2	2	2	Grams		
Plain flour 10*, 11*	10	15	20	Grams		
Sour cream 4*	60	90	120	Grams		
Cranberry sauce	50	50	50	Grams		
A.11						

Allergens

*6 Fish, *11 Gluten, *4 Milk, *10 Wheat, *5 Eggs, *9 Soya, *15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information Per Serving*

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	Energy (kJ/koal)	5320 / 1273
	Fat (g)	82.2
	of which saturates (g)	37.7
	Carbohydrate (g)	87
	of which sugars (g)	29.1
	Fiber (g)	13.4
	Protein (g)	47.6
	Salt (g)	3.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Mix and season

Preheat the oven to 200°C/180°C fan. Peel and grate the **carrot**. Peel and **mince** the **onion**. Finely chop the **parsley**. In a bowl, combine the **beef mince** with the **carrot**, **onion**, **parsley**, **Worcestershire sauce**, **breadcrumbs**, **eggs** and **ketchup**. Season with **salt** and **pepper**. Mix well.



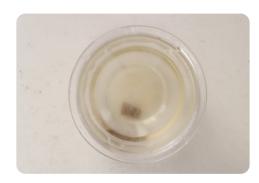
2 Roast dish

Place the meat mixture on a large piece of baking paper. Shape it into a loaf and transfer it to a loaf tin or to a regular roasting dish. Bake in the oven for 25-30 min.



3 Make mash

Meanwhile, peel and chop the **potatoes**. Boil for 15–18 min or until soft. Drain and mash the **potatoes** using a fork or a potato masher. Add the **butter** and **milk**, adjusting the amount of **milk** to achieve the desired consistency. Season with **salt** to taste. Keep warm.



4 Mix beef stock

Boil the measured **water** and dissolve the **beef stock cube** in it.



5 Fry and season

Slice the **mushrooms**. Melt the **butter** in a pan over a medium-high heat. Once hot, add the **mushrooms** and fry for 4-5 min. Add the **thyme** and **flour**. Gradually add the **beef stock** to the pan, continuously whisking, until the **sauce** thickens.



6 Simmer and serve

Add the **sour cream** and simmer for 1-2 min. Add the **cranberry sauce**. Season with **salt** and **pepper** to taste. Serve the meatloaf with the mash and mushroom gravy to the side.