

Rustic Meatloaf

with Mash and Mushroom Gravy

hellóchef

A classic for a reason!

Cals 1273 • Prot 48 • Carbs 87 • Fat 82

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🕒 cook: 30 min

R2308



Before you start

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

Ingredients

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

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*
Energy (kJ/kcal)	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.