

Cheesy Mini Meatloaves

with Crispy Potatoes and Green Beans

hellóchef

Grab a blanket, stick the fire on and forget you're in Dubai. This one's cozy as!

Cals 1313 • Prot 50 • Carbs 63 • Fat 98

Chef's Choice

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2645



Before you start

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

Ingredients

Meatloaves	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Panko bread crumbs 10* , 11* , 12*	20	20	40	Grams
Sour cream 4*	60	90	120	Grams
Organic Eggs 5*	1	1	2	Piece
Grated cheddar 4*	60	90	120	Grams
Worcestershire sauce 6* , 11*	15	22	30	ML
Dijon mustard 13*	6	9	12	Grams
Garlic paste	10	15	20	Grams
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Potatoes				
Potatoes	600	900	1200	Grams
Vegetable oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Sauce				
Mayonnaise 5* , 9* , 13*	50	75	100	Grams
Sour cream 4*	60	90	120	Grams
Capers	20	30	40	Grams
Fresh chives	15	15	15	Grams
Lemon	1	1	2	Piece
Salt	0.5	0.5	0.5	Tsp
To serve				
Green beans	250	375	500	Grams

Allergens

***10 Wheat, *11 Gluten, *12 Lupin, *4 Milk, *5 Eggs, *6 Fish, *13 Mustard, *9 Soya**

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)	5497 / 1313
Fat (g)	98.4
of which saturates (g)	40.7
Carbohydrate (g)	63
of which sugars (g)	12
Fiber (g)	13.6
Protein (g)	50.1
Salt (g)	3.3

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



1 Make meat mix

Add the **panko bread crumbs** to a bowl with the **sour cream** and the **eggs**. Set aside for 5 min. Add the **beef mince, grated cheddar, Worcestershire sauce, Dijon mustard, garlic paste, salt and pepper**. With clean hands, mix until all the ingredients are fully combined.



2 Form meatloaves

Preheat the oven to 200°C/180°C fan. Divide the meat mix into {4/6/8} pieces and shape into meatloaves. Transfer to a greased or lined baking dish.



3 Prep potatoes

Scrub the **potatoes** clean. Slice the **potatoes** (skins on) into thin disks. Add them to a lined baking tray with a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss well until coated in **oil**.



4 Roast and bake

Roast the **potatoes** on the upper rack of the oven for 25-30 min until browned. Meanwhile, bake the meatloaves on the lower rack of the oven for 25-30 min until cooked through but juicy on the inside.



5 Make sauce

Meanwhile, add the **mayonnaise** and the **sour cream** to a bowl. Chop the **capers** and the **chives** finely. Add them to the bowl. Season with a squeeze of **lemon** juice and a pinch of **salt**. Slice the remaining **lemon** into wedges.



6 Boil green beans

Wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked. Divide the meatloaves, the **potatoes** and the **green beans** among plates. Serve with the **sauce** and the **lemon** wedges to the side.