

# Asian Hoisin Meatloaves

## with Garlicky Greens

The perfect comfort dinner, done low-carb!

**hellóchef**

Cals 663 • Prot 46 • Carbs 28 • Fat 48

Low-Carb



🕒 45 min

R7



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
Red onion	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Ginger garlic paste	15	20	30	Grams
Miso paste	20	30	40	Grams
Tamari	15	22	30	ML
Hoisin sauce	20	30	40	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Sweet soy sauce	15	20	30	ML
Greens				
Broccoli	200	300	400	Grams
Small zucchini	2	3	4	Piece
Baby pak choi	3	6	6	Piece
Garlic cloves	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Spring onion	40	60	80	Grams
Soy sauce	20	30	40	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Sesame seeds	10	15	20	Grams

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, cree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



1 Make loaf mix

Preheat the oven to 200 °C/180 °C fan. Peel and finely chop the **onions**. Add the **beef mince**, **ginger garlic paste**, **tamari**, **black pepper** and a pinch of **salt**. With clean hands, mix until fully combined.



2 Bake

Shape the meat mixture into 2/3/4 **meatloaves** and place them on a lined or oiled baking tray. Bake for 20 min or until cooked through. Whisk together the **miso paste**, **hoisin** and **sweet soy sauce** - this is your **glaze**.



3 Prep vegetables

Meanwhile, separate the **broccoli** into small florets. Slice the **zucchini** into fries. Trim the **pak choi** and slice it into quarters. Peel and **mince** the **garlic**. Finely chop the **spring onions**.



4 Fry

Heat a large pan with a lid over a medium-high heat with a drizzle of **oil**. Once hot, add the **broccoli** and **pak choi**. Fry for 2 min. Add a splash of **water** and cover the pan. Steam for 3 min. Add the **garlic**, **zucchini**, **soy sauce** and a pinch of **salt**. Fry for 5 min or until the vegetables are cooked through.



5 Glaze meatloaves

After 20 min, remove the **meatloaves** from the oven. Spoon the **glaze** over the **meatloaves**. Bake the glazed **meatloaves** for 5 min or until nicely browned. Make sure the glaze doesn't burn!



6 Serve

Evenly divide the **stir-fried vegetables** and serve the **meatloaves** alongside. Top with the **spring onions** and **sesame seeds**.



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Pro Tip

Make the meatloaves beforehand and simply warm them up while prepping and frying your greens (7-8 min in a 200 °C hot oven).

Tips For Fussy Eaters

Separate a batch of the meatloaf mix and leave out the spices and condiments. Serve their meatloaf with mashed potatoes.