

# Festive Mushroom Stuffed Meatloaf

## with Gravy and Roasted Root Vegetables

**hellóchef**

In this recipe you'll make mushroom stuffed meatloaves along with roasted root vegetables tossed in honey and balsamic vinegar!

Cals 1200 • Prot 45 • Carbs 86 • Fat 76

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🕒 cook: 55 min

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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
Chestnut mushrooms	250	250	500	Grams
Organic Eggs <b>5*</b>	1	1	2	Piece
Garlic onion powder	4	4	8	Grams
Worcestershire sauce <b>6*, 11*</b>	15	15	30	ML
Dried thyme	2	2	4	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Gravy				
Butter <b>4*</b>	30	50	50	Grams
Corn starch	30	40	40	Grams
Whole milk <b>4*</b>	400	600	800	ML
Dark soy sauce <b>9*, 10*, 11*</b>	20	30	40	ML
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetables				
Carrot	3	4	6	Piece
Parsnip	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Balsamic vinegar <b>14*</b>	15	22	30	ML
Honey	15	15	30	Grams

Allergens

**\*5 Eggs, \*6 Fish, \*11 Gluten, \*4 Milk, \*9 Soya, \*10 Wheat, \*14 Sulphur Dioxide**

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)	5012 / 1200
Fat (g)	75.7
of which saturates (g)	33.3
Carbohydrate (g)	86
of which sugars (g)	36.8
Fiber (g)	15.9
Protein (g)	44.7
Salt (g)	3.6

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



1 Roast vegetables

Preheat the oven to 200°C/ 180°C fan. Peel the **carrots** and **parsnips** and chop them into batons. Add them to a large baking tray. Drizzle with **oil** and sprinkle with a pinch of **salt**. Toss until coated and roast for 35 min. After 35 min, add the **balsamic vinegar** and **honey**. Toss and bake for 5 min further.

**Tip!** Not keen on parsnips? Add more carrots!



2 Fry mushrooms

Meanwhile, chop the **mushrooms**. Heat a pan over a medium-high heat with a drizzle of **oil**. Add the **mushrooms** and fry for 5 min. Transfer the **mushrooms** to a plate. Reserve the pan.



3 Beef mixture

Meanwhile, in a large bowl, combine the **beef mince**, **eggs**, **garlic onion powder**, **Worcestershire sauce** and **dried thyme** with a very generous pinch of **salt** and **pepper**. Once cooked, add half of the **mushrooms** (save the rest for the gravy). Mix well.



4 Bake meatloaf

Shape the **meat mixture** into {2/3/4} **meatloaves** and place them on a lined baking tray. Bake for 25–30 min or until cooked through. Once baked, allow the **meatloaves** to cool for 5 min, then slice them.

**Tip!** The liquid which escapes the baked meatloaf is completely normal. That's what makes it moist! Be sure to remove it before serving.



5 Gravy

Meanwhile, return the reserved pan to a medium heat. Add the **butter** and **corn starch**. Whisk for 1 min or until a smooth paste forms. Gradually add the **milk** and cook for 3 min or until thickened. Once thickened, add the **dark soy sauce** and the remaining **mushrooms**. Season with **salt** and **pepper** to taste. This is your **gravy**.



6 Serve

Serve the **meatloaf** slices with the **roasted vegetables** and **gravy** alongside.