



## INGREDIENTS

2 PERSON | 4 PERSON



**¼ Cup | ½ Cup**  
Panko  
Breadcrumbs  
Contains: Wheat



**½ Cup | 1 Cup**  
Mozzarella Cheese  
Contains: Milk



**10 oz | 20 oz**  
Ground Pork



**1 TBSP | 2 TBSP**  
Tuscan Heat  
Spice



**14 oz | 28 oz**  
Marinara Sauce



**6 oz | 12 oz**  
Spaghetti  
Contains: Wheat



**¼ Cup | ½ Cup**  
Parmesan Cheese  
Contains: Milk



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### HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



**10 oz | 20 oz**  
Ground Beef

**Calories: 1060**

# PORK MEATLOAF PARM

over Spaghetti Marinara



**PREP: 5 MIN | COOK: 35 MIN | CALORIES: 1070**





# HELLO FRESH

## HELLO

### MEATLOAF PARM

Marinara sauce, Parmesan, and a crispy, cheesy panko crust take these pork meatloaves to the next level.

### SPLISH SPLASH

Splash a little cold water on your hands before forming the meatloaves in step 2. The heat in your hands is what causes the mixture to stick; cooling your hands down will make the mixture hold on to itself rather than onto you.

### BUST OUT

- Large pot
- Small bowl
- Large bowl
- Baking sheet
- Strainer
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)

Contains Milk

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\*Ground Pork is fully cooked when internal temperature reaches 160°

\*Ground Beef is fully cooked when internal temperature reaches 160°



### 1 MIX PANKO

- Adjust rack to top position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil.
- In a small bowl, combine **panko**, **mozzarella**, and a **large drizzle of olive oil**; season with **salt** and **pepper**.



### 4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **¼ cup pasta cooking water** (½ cup for 4 servings), then drain.



### 2 FORM MEATLOAVES

- In a large bowl, combine **pork\***, **half the panko mixture**, **half the Tuscan Heat Spice** (you'll use the rest later), and **1 TBSP water** (2 TBSP for 4 servings); season generously with **salt** (we used ½ tsp; 1 tsp for 4) and **pepper**.
- Form **pork mixture** into two 1-inch-tall loaves (four loaves for 4); flatten tops. Place on a **lightly oiled** baking sheet.

🔄 Swap in **beef\*** for pork.



### 5 MAKE SAUCE

- Heat pot used for pasta over medium-high heat. Add **remaining marinara sauce**, **remaining Tuscan Heat Spice**, **1 tsp sugar** (2 tsp for 4 servings), and **reserved pasta cooking water**. Bring to a boil, then reduce to a simmer. Cook until slightly thickened, 3-5 minutes.



### 3 BAKE MEATLOAVES

- Evenly spread tops of **meatloaves** with **1 TBSP marinara sauce** each (you'll use the rest later). Mound with **remaining panko mixture**, pressing gently to adhere.
- Bake meatloaves on top rack until pork is cooked through and crust is browned and crispy, 22-28 minutes.



### 6 FINISH & SERVE

- Stir drained **spaghetti**, **half the Parmesan**, and **1 TBSP butter** (2 TBSP for 4 servings) into pot with **sauce**. Season generously with **salt** and **pepper**.
- Divide **pasta** between plates and top with **meatloaves**. (TIP: If you prefer, serve meatloaves on the side instead.) Sprinkle with remaining Parmesan and serve.