



# MEATLOAF PARM

## over Spaghetti Marinara

### 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 Beef



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



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



**14 oz | 28 oz**  
Marinara Sauce



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

### HELLO

#### MEATLOAF PARM

Marinara, Parmesan, and a crispy, cheesy panko crust make these meatloaves next-level.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 970



## START STRONG

Splash a little water on your hands before shaping the meatloaves in step 2. This will keep the mixture sticking to itself and not to your fingers.

## BUST OUT

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

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### 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**.



### 2 FORM MEATLOAVES

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



### 3 BAKE MEATLOAVES

- Spoon a thin layer of **marinara sauce** (you'll use the rest later) onto tops of each **meatloaf**; mound with remaining **panko mixture** and press gently to adhere.
- Bake meatloaves on top rack until beef is cooked through and crust is browned and crispy, 22-28 minutes.



### 4 COOK PASTA

- Once water is boiling, add **spaghetti** to pot and cook, stirring occasionally, until al dente, 9-11 minutes.
- Reserve **¼ cup pasta cooking water**, then drain.
- **4 SERVINGS: Reserve 1/3 cup pasta cooking water.**



### 5 MAKE SAUCE

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



### 6 FINISH & SERVE

- Stir **spaghetti**, half the **Parmesan**, and **1 TBSP butter** into **sauce**. Season generously with **salt** and **pepper**.
- Divide **pasta** between plates and top with **meatloaves**. Sprinkle with remaining Parmesan and serve.
- **4 SERVINGS: Use 2 TBSP butter.**
- **TIP: If you prefer, you can also serve the meatloaves on the side.**

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