



Brown Sugar-BBQ Meatloaves

with Ranch Potato Salad & Crispy Onions

🕒 30-40min

🍴 2 Servings

Frying is a task that might seem daunting but it's so worth it. Pro tip: first, evenly slice the onion into thin rings, this helps to ensure the onions cook evenly. Next, make sure the oil is hot enough, a pinch of flour should sizzle vigorously when added to the oil. Lastly, once they turn golden brown, use a slotted spoon to transfer to a paper towel, the onions will continue to deepen in color as they cool.

What we send

- 12 oz red potatoes
- 4 oz green beans
- 1 pkt ranch seasoning ⁷
- 2 oz mayonnaise ^{3,6}
- 1 medium onion
- 2 oz barbecue sauce
- 2 oz brown sugar
- 10 oz pkg grass-fed ground beef
- 1 oz panko ^{1,6}
- 1/4 oz fresh chives

What you need

- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- 1 large egg ³
- neutral oil
- 1/4 cup all-purpose flour ¹

Tools

- medium saucepan
- rimmed baking sheet
- medium skillet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).

May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1150kcal, Fat 75g, Carbs 84g, Protein 39g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Scrub **potatoes**, then cut into 1/2-inch pieces. Trim ends from **green beans**, then cut into 2-inch pieces. In a medium bowl, whisk to combine **ranch seasoning**, **mayonnaise**, **2 teaspoons vinegar**, and **a pinch each of salt and pepper**. Thinly slice **onion** into rings, then finely chop **2 tablespoons of the onions**.



3. Make meatloaves

In a small bowl, stir to combine **barbecue sauce** and **1 tablespoon each of brown sugar and water**. In a medium bowl, knead to combine **ground beef**, **chopped onions**, **panko**, **1 large egg**, **3/4 teaspoon salt**, and **a few grinds of pepper**. Shape **meatloaf mixture** into 4 oval patties (about 4-inches long). Place meatloaves on a **lightly oiled** rimmed baking sheet.



4. Roast meatloaves

Roast **meatloaves** on upper oven rack for 10 minutes. Remove from oven and brush meatloaves with **all but 2 tablespoons of the barbecue sauce mixture**. Return to upper oven rack and continue to roast until barbecue sauce is well browned and meatloaves reach 160°F internally, 7-10 minutes more.



2. Assemble potato salad

Place **potatoes** in a medium saucepan with enough **salted water** to cover. Bring to a boil. Cook until just tender, 5-6 minutes. Add **green beans**; cook together until beans are crisp-tender, 1-2 minutes. Drain; rinse with cold water. In a medium bowl, toss potatoes and beans with **dressing**, stirring and slightly mashing potatoes, until combined. Place in freezer to chill for 10 minutes.



6. Finish & serve

Meanwhile, place **1/4 cup flour** in a medium bowl; season with **salt** and **pepper**. Toss **sliced onions** in flour mixture, breaking up rings, until well coated. Heat **1/4-inch oil** in a medium skillet over medium-high until shimmering. Add onions; fry, stirring, until golden brown and crisp, 3-5 minutes (watch closely). Transfer to a paper towel-lined plate and season with **salt**.

Finely chop **chives**, then stir into **potato-green bean salad**. Serve **meatloaves** topped with **reserved barbecue sauce** alongside **frizzled onions** and **potato-green bean salad**. Enjoy!