



BBQ Meatloaf

with Mashed Sweet Potatoes & Broccoli

30-40min 2 Servings

This meatloaf is comfort on a plate, pure and simple. And thanks to the sweet and tangy barbecue sauce that coats each miniature loaf, it's a real crowd-pleaser. It's served with crisp-tender roasted broccoli, and what else? Creamy mashed potatoes, of course. These ones are made with sweet potatoes, for a new spin on an old favorite.

What we send

- 1 sweet potato
- garlic (use 1 large clove)
- 1 medium red onion
- ½ lb broccoli
- 10 oz ground beef
- 1 oz panko (use ¼ cup) ^{1,6}
- BBQ spice blend (use 2 tsp)
- 1 oz Worcestershire sauce (use 1 Tbsp) ^{1,4}

What you need

- kosher salt & pepper
- large egg ³
- neutral oil, such as canola
- ketchup
- butter ⁷

Tools

- medium saucepan
- colander
- rimmed baking sheet
- potato masher or fork

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 50g, Carbs 71g, Proteins 35g



1. Cook potatoes

Preheat oven to 450°F with a rack in the upper third. Peel **potato** and cut into 1-inch pieces. Place in a medium saucepan and cover with 1 inch of **salted water**. Cover and bring to a boil over high heat. Reduce heat to medium and cook, uncovered, until tender when pierced with a fork, about 8 minutes. Reserve **¼ cup potato water**. Drain and return to saucepan; cover to keep warm.



2. Prep ingredients

Peel and finely chop **2 teaspoons garlic**. Halve, peel, and cut **all of the onion** into ½-inch thick wedges through the end. Trim **broccoli** ends, then cut into 1-inch florets.



3. Season meatloaf mixture

In a medium bowl, combine **ground beef**, **garlic**, **¼ cup of the panko**, **1 large egg**, **1 teaspoon each barbecue spice and salt**, and **a few grinds pepper**.



4. Bake meatloaves & veggies

On a rimmed baking sheet, toss **broccoli** and **onions** with **1 tablespoon oil**, then season with **salt** and **pepper**. Shape **meatloaf mixture** into 2 ovals, then transfer to baking sheet with vegetables. Bake on upper oven rack until meatloaves are cooked through and vegetables are tender, about 15 minutes.



5. Broil meatloaves

In a medium bowl, stir to combine **1 tablespoon of the Worcestershire sauce**, **¼ cup ketchup**, and **1 teaspoon of the barbecue spice**; season glaze with **salt** and **pepper**. Switch oven to broiler. Spoon glaze over meatloaves. Broil **meatloaves** until glaze is browned in spots, 2-3 minutes (watch closely, as broilers vary).



6. Mash potatoes & serve

Return **potatoes** to medium heat; add **2 tablespoons butter** and **reserved potato water**. Using a potato masher or fork, mash well to combine; season to taste with **salt** and **pepper**. Drizzle **vegetables** with **a little oil** and season with **salt** and **pepper**. Serve **meatloaves** and **vegetables** alongside **mashed potatoes**. Enjoy!