



## Mini Skillet Meatloaf

with Roasted Potatoes & Broccoli



30-40min



2 Servings

These mini meatloaf patties are bursting with savory goodness thanks to Worcestershire sauce and smoked paprika. Grated onion mixed in with the ground beef makes for moist and juicy patties. Dijon mustard mixed in with ketchup makes for a sweet sauce with a little bite. Our favorite part? When the potatoes and broccoli soak up the meat juices, still sizzling from the pan.



## What we send

- 2 russet potatoes
- ½ lb broccoli
- ¼ oz smoked paprika
- 1 medium yellow onion
- 10 oz grass-fed ground beef
- 1 oz panko <sup>1,6</sup>
- 1½ oz pkt Worcestershire sauce <sup>4</sup>
- 3 pkts Dijon mustard <sup>17</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- ketchup

## Tools

- rimmed baking sheet
- box grater
- large nonstick skillet

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), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 910kcal, Fat 49g, Carbs 80g, Proteins 41g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the bottom position. Scrub **potatoes**; cut into ½-inch thick wedges. Cut **broccoli** into 1-inch florets, if necessary. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil, 1 teaspoon each of salt and smoked paprika**, and **a few grinds of pepper**. In a medium bowl, toss broccoli with **2 teaspoons oil**; season with **salt** and **pepper**.



### 2. Roast potatoes

Roast **potatoes** on bottom oven rack until almost tender, 15-20 minutes.



### 3. Mix meatloaf

Meanwhile, coarsely grate **¼ cup onion** into a large bowl. To same bowl, add **ground beef, panko, Worcestershire, 1¼ teaspoons Dijon** (save remaining for step 4), **½ teaspoon smoked paprika, 1 large egg, 1 teaspoon salt**, and **a few grinds of pepper**. Knead to combine.



### 4. Form patties & make sauce

Divide **meatloaf mixture** into 4 equal portions. Form each portion into a flat, 4-inch patty. In a small bowl, mix to combine **2 tablespoons ketchup** and **remaining Dijon**.



### 5. Finish roasting

Remove **potatoes** from oven, stir, and scatter **broccoli** over top. Return vegetables to bottom rack and continue roasting until tender and browned in spots, 8-10 minutes more.



### 6. Cook patties & serve

Meanwhile, heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **patties** and cook until well browned and cooked through, 2-3 minutes each side (reduce heat if browning too quickly). Remove from skillet and top with **ketchup-Dijon sauce**. Serve patties with **potatoes** and **broccoli** alongside. Enjoy!