



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

- 3 Yukon gold potatoes
- ½ lb broccoli
- ¼ oz smoked paprika
- 1 medium yellow onion
- 10 oz pkg grass-fed ground beef
- 1 oz panko breadcrumbs ^{1,6}
- 1½ oz pkt Worcestershire sauce ⁴
- 3 pkts Dijon mustard ¹⁷

What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg ³
- ketchup

Tools

- rimmed baking sheet
- box grater
- large nonstick skillet

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 950kcal, Fat 48g, Carbs 94g, 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. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil, 1 teaspoon each 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, 1 large egg, 1¼ teaspoons Dijon** (save remaining for step 4), **1 teaspoon salt, ½ teaspoon smoked paprika**, 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!