

# DINNERLY



## Vegetarian Lentil "Meat" Loaves with Mash:

Developed by Our Registered Dietitian



45min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. How exactly do you take the meat out of meatloaves (and barely notice the difference)? They're packed with lentils and oats—aka plant-based protein—and spiced with steak seasoning for a craveable meaty flavor. A side of mashed potatoes and green beans brings the comfort food vibes on home. We've got you covered!

## WHAT WE SEND

- 3 oz French green lentils
- 2 russet potatoes
- 1 medium yellow onion
- ¼ oz steak seasoning
- 3 oz oats
- 1 oz mayonnaise <sup>3,6</sup>
- ½ lb green beans

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- 1 large egg <sup>3</sup>
- ketchup
- butter <sup>7</sup>
- ¼ cup milk <sup>7</sup>

## TOOLS

- 2 medium saucepans
- small skillet
- 2 rimmed baking sheets
- potato masher or fork

## ALLERGENS

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 900kcal, Fat 37g, Carbs 114g, Protein 30g



### 1. Boil lentils

Preheat oven to 450°F with racks in the upper and lower thirds.

In a medium saucepan, combine **lentils**, **3 cups water**, and **1 teaspoon salt**. Cover and bring to a boil over high heat. Uncover and reduce heat to medium; simmer until lentils are tender and starting to break apart, 18–20 minutes. Drain and return to saucepan off heat.



### 2. Boil potatoes

While **lentils** cook, peel **potatoes**, then cut into 1-inch pieces. Place in a second medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover and cook until easily pierced with a fork, 10–12 minutes. Drain and return potatoes to saucepan off heat. Cover to keep warm until step 5.

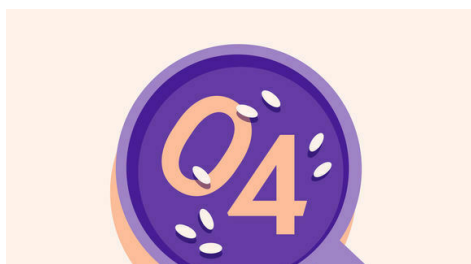


### 3. Make meatloaf mixture

Finely chop **onion**.

Heat **2 teaspoons oil** in a small skillet over medium-high. Add **onions** and **steak seasoning**; cook, stirring, until softened, 5–8 minutes.

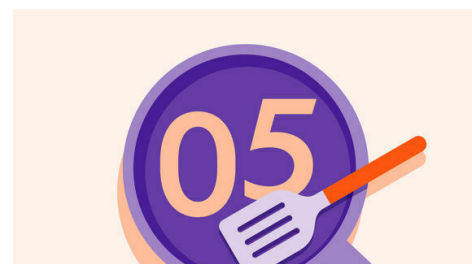
Transfer to saucepan with **lentils**; add **oats**, **mayonnaise**, **1 large egg**, **½ teaspoon salt**, and **a few grinds of pepper**; stir well to combine, mashing some of the lentils with a fork or back of a spoon.



### 4. Cook meatloaf & beans

Transfer **lentil mixture** to an **oiled** baking sheet. Form into 2 (1½-inch thick) loaves. Spread **1 tablespoon ketchup** over each. Bake on upper rack until browned around edges, 15–20 minutes.

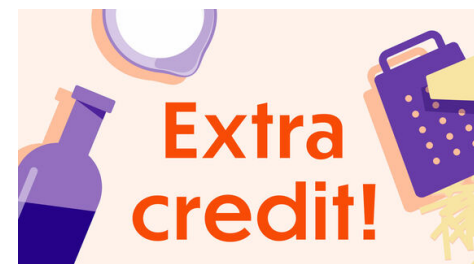
Trim ends from **green beans**. Toss on a second rimmed baking sheet with **1 teaspoon oil**; season with **salt** and **pepper**. Roast on lower rack until tender and browned in spots, 8–10 minutes.



### 5. Mash potatoes & serve

Reheat **potatoes** over medium heat, if necessary. Add **2 tablespoons butter** and **¼ cup milk**; mash with a potato masher or fork. Season to taste with **salt** and **pepper**. Let **meatloaves** rest on sheet pan for 5 minutes before slicing.

Serve **lentil "meat" loaves** with **mashed potatoes** and **green beans** alongside. Enjoy!



### 6. Make ahead!

Prep the loaves the day before! Mix and shape the loaves, then wrap in plastic wrap or store in an airtight container in the refrigerator. Allow them to come to room temperature before baking.