



Plant-Based: Meat-Free Meatloaf

with Broccoli & Olive Oil Mashed Potatoes



30-40min



2 Servings

At first glance, this is a classic meatloaf dinner but, we swapped the traditional ground beef for our protein-rich plant-based ground. These meatless-loaves hold their shape thanks to a flax-egg replacement, and sweet and tangy barbecue sauce glaze adds the finishing touch. Dinner is complete with creamy mashed potatoes and roasted broccoli. That's right, this dish is all vegan and it's all good.

What we send

- ¼ oz ground flax seeds
- garlic
- scallions
- ½ lb broccoli
- ½ lb pkg plant-based ground ^{1,6,15}
- 1 oz panko ^{1,6}
- ¼ oz steak seasoning
- 2 Yukon gold potatoes
- 4 oz barbecue sauce

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium saucepan
- 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), Soy (6), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 46g, Carbs 88g, Proteins 34g



1. Prep ingredients

Preheat oven to 375°F with a rack in the upper third. In a medium bowl, combine **flax seeds** and **3 tablespoons water**; place in the refrigerator for 10 minutes to thicken. Meanwhile, thinly slice **1 large garlic clove**. Trim **scallions**, then thinly slice about ¼ cup, keeping dark greens separate. Cut **broccoli** into 1-inch florets, if necessary. **Oil** a rimmed baking sheet.



4. Cook potatoes

Meanwhile, peel **potatoes**, if desired, then cut into 1-inch pieces. Place potatoes in a medium saucepan. Add enough **salted water** to cover by 1-inch. Bring potatoes to a boil and cook until tender, 8-10 minutes. Reserve **⅓ cup cooking water**. Drain and return potatoes to saucepan. Cover to keep warm until step 6.



2. Prep plant-based loaf

Finely chop **sliced scallion whites and light greens**, then add to bowl with **flax mixture**. Add **plant-based ground, panko, all of the steak spice**, and **1 tablespoon oil**; stir or use your hands to mix until ingredients are well-combined.



5. Roast broccoli

Remove foil from **loaves**. On the empty side of baking sheet, carefully toss **broccoli** with **sliced garlic** and **1 tablespoon oil**; season with **salt** and **pepper**. Brush loaves with **half of the barbecue sauce**. Bake, uncovered, on upper oven rack until barbecue glaze is caramelized, about 10, and broccoli is tender and browned in spots, 10-15 minutes.



3. Bake plant-based loaves

Transfer **plant-based mixture** to one side of prepared baking sheet and shape into 2 (4-inch long) ovals. Cover with foil and bake on upper oven rack for 20 minutes.



6. Finish potatoes & serve

To saucepan with potatoes, add **2 tablespoons oil** (or butter of choice) over medium. Use a masher or fork to mash until smooth. Add reserved cooking water, 1 tablespoon at a time, until desired consistency. Season with **salt** and **pepper**. Sprinkle **scallion dark greens** over **potatoes** and serve alongside **broccoli** and **plant-based loaf** with **remaining barbecue** on side. Enjoy!