



Upgrade to Double Broccoli

Big Martha's Classic Meatloaf



45min



2 Servings

| This version of the recipe is customized with double the broccoli.

What we send

- 1 ciabatta roll ¹
- 1 carrot
- 2 oz celery
- 1 yellow onion
- 10 oz pkg grass-fed ground beef
- .35 oz Dijon mustard ¹⁷
- 2 oz dark brown sugar
- 2 russet potatoes
- 2 (½ lb) broccoli

What you need

- neutral oil
- ketchup
- kosher salt & ground pepper
- 5 Tbsp butter ⁷

Tools

- rimmed baking sheet
- food processor
- medium saucepan
- microwave
- potato masher or fork

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1020kcal, Fat 46g, Carbs 101g, Protein 43g



1. Prep ingredients

Preheat oven to 375°F with a rack in the center. Lightly **oil** a rimmed baking sheet.

Tear **half of the bread** (save rest for own use) into roughly 1-inch pieces. Coarsely chop **carrot**. Coarsely chop **half each of the celery and onion** (save rest for own use).

Transfer bread to a food processor, then pulse until the texture of coarse crumbs. Transfer to a medium bowl.



4. Boil potatoes

Meanwhile, peel **potatoes**, if desired, then cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt** and enough **water** to cover by 1 inch. Cover and bring to a boil, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **¼ cup cooking water**. Drain potatoes and return to saucepan off heat; cover to keep warm until step 6.



2. Make meatloaf

Add **carrots, onions, and celery** to food processor. Pulse until finely chopped. Transfer to bowl with **breadcrumbs**. Add **beef, mustard, 2 tablespoons ketchup, 1 teaspoon salt, and a few cracks of pepper**. Mix to combine.



5. Steam broccoli

Cut **broccoli** into florets, if necessary. Microwave with **2 tablespoons butter**, covered, until crisp-tender, 2-3 minutes; season with **salt and pepper**.



3. Bake meatloaves

Use your hands to form **beef mixture** into **2 (5-inch) meatloaves**. Place on prepared baking sheet.

In a small bowl, combine **2 tablespoons ketchup, 1 tablespoon brown sugar, and a pinch of salt**; brush over meatloaves.

Bake on center oven rack until deeply browned and 160°F internally, 15-20 minutes.



6. Mash potatoes & serve

Return **potatoes** to medium heat; add **3 tablespoons butter** and **¼ cup reserved cooking water**. Mash with a potato masher or fork until smooth; season to taste with **salt and pepper**.

Serve **meatloaves** with **mashed potatoes** and **broccoli** alongside. Enjoy!