



Organic Beef French Onion Meatloaf

with Cauliflower Rice & Peas



30-40min



2 Servings

| This version of the recipe is customized with organic ground beef.

What we send

- 1 yellow onion
- 1 pkt beef broth concentrate
- garlic
- 1 pkt Dijon mustard ¹⁷
- ¼ oz steak seasoning
- 1 oz panko ¹
- 12 oz cauliflower rice
- 5 oz peas
- 2 oz shredded fontina ⁷
- 10 oz pkg organic ground beef

What you need

- butter ⁷
- kosher salt & ground pepper
- neutral oil
- all-purpose flour ¹
- 1 large egg ³

Tools

- medium saucepan
- medium ovenproof skillet

Allergens

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 59g, Carbs 39g, Protein 48g



1. Brown onions

Preheat oven to 450°F with a rack in the upper third. Halve and thinly slice **all of the onion** through the root end. Melt **1 tablespoon butter** in a medium saucepan over medium-high heat. Add onions and season with **salt** and **pepper**. Reduce heat to medium. Cook, stirring occasionally, until onions are golden brown, about 12 minutes. (Add **a drizzle of oil** if saucepan seems dry.)



2. Make onion gravy

Stir **2 teaspoons flour** into **onions**; cook, about 1 minute more. Add **beef broth concentrate** and **1 cup water**. Bring to a boil. Cook until liquid is the consistency of thin gravy, about 4 minutes. Season to taste with **salt** and **pepper**. Transfer onion gravy to a medium bowl; set aside until step 6. Wipe out saucepan and reserve for step 5.



3. Make meatloaf mixture

Meanwhile, finely chop **1 teaspoon garlic**. In a medium bowl, combine **ground beef, garlic, Dijon mustard, all of the steak seasoning, ¼ cup panko, ½ teaspoon salt**, and **1 large egg**. Knead gently to combine.



4. Bake meatloaves

In a medium ovenproof skillet, form **meatloaf mixture** into 2 (5-inch long) oval patties. Bake on upper oven rack until firm to the touch and reach 160°F internally, about 20 minutes. Remove from oven, then carefully spoon off any accumulated fat.



5. Make cauliflower mash




Heat **1 tablespoon oil** in reserved saucepan over medium-high. Add **cauliflower rice** and cook until just tender, 3-4 minutes. Add **½ cup water** and season with **salt** and **pepper**. Cover and bring to boil. Stir in **peas** and cook, covered, until vegetables are just tender, 2-3 minutes. Off heat, add **1 tablespoon butter**; coarsely mash. Season to taste with **salt** and **pepper**.



6. Finish & serve

Switch oven to broil. Spoon **onion gravy** over **meatloaves**, then top with **half of the fontina** (save rest for own use). Broil on upper oven rack until gravy is bubbling and cheese is melted, 2-3 minutes (watch closely as broilers vary). Serve **meatloaf and gravy** with **cauliflower mash** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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