

DINNERLY



Low-Carb Feta Meatloaf with Broccoli, Roasted Carrots & Onions

This version of the recipe is customized with broccoli.



30-40min



2 Servings

WHAT WE SEND

- 1 oz sun-dried tomatoes ¹⁷
- 2 carrots
- 1 red onion
- 1.4 oz feta cheese ⁷
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- ½ lb broccoli

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg ³
- balsamic (or white wine vinegar) ¹⁷
- garlic

TOOLS

- rimmed baking sheet

COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

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 800kcal, Fat 47g, Carbs 45g, Protein 43g



1. Prep veggies

Preheat oven to 425°F with a rack in the upper third.

Finely chop **sun-dried tomatoes**. Scrub and trim ends from **carrots**; halve lengthwise, then cut into 2-inch pieces. Finely chop **1 teaspoon garlic**. Quarter **onion**, then finely chop ¼ cup, leaving remaining wedges whole. Cut **broccoli** into florets, if necessary.



2. Start carrots, shape beef

On a rimmed baking sheet, toss **carrots** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on upper oven rack, about 5 minutes.

Crumble **feta** into a medium bowl. Add **beef, sun-dried tomatoes, panko, chopped garlic and onions, 1 large egg, ½ teaspoon of salt, and a few grinds of pepper**. Gently knead to combine. Divide into 2 equal-sized ovals.



3. Add veggies

Separate layers of **onion wedges**. Add onions and **broccoli** to baking sheet with **carrots**, using tongs or a spoon to carefully toss and combine. Push veggies to edges of baking sheet, then place **meatloaves** in center (divide between two baking sheets, if necessary).



4. Roast meatloaf & veggies

Roast on upper oven rack until a thermometer inserted into **meatloaves** reaches 165°F internally, and **veggies** are tender and browned in spots, 20–22 minutes.



5. Make dressing & serve

While **meatloaves** roast, in a small bowl, whisk to combine **2 tablespoons each of vinegar and oil** with **1 tablespoon water**; season with **salt** and **pepper**. Pour **dressing** over **roasted veggies** on baking sheet, tossing to coat. Spoon **some of the pan sauce** from baking sheet over meatloaves.

Serve **meatloaves** with **roasted veggies** alongside. Enjoy!



6. Carbo load!

We love a low-carb dinner, but if you're in the mood for a little something extra, mashed potatoes are always a good idea!