



Chicken Meatloaf with Double Green Beans

with Apricot Glaze & Carrots



30-40min



2 Servings

| This version of the recipe is customized with double the green beans.

What we send

- 1 lb green beans
- 2 carrots
- 1 Granny Smith apple
- 2 (½ oz) apricot preserves
- ¼ oz granulated garlic
- 10 oz pkg ground chicken
- 2 oz shredded cheddar-jack blend ⁷
- 1 oz panko ¹
- ¼ oz poultry seasoning
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper
- ketchup
- apple cider vinegar (or white wine vinegar)
- 1 large egg ³
- butter ⁷

Tools

- rimmed baking sheet
- box grater

Cooking tip

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Allergens

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

Nutrition per serving

Calories 650kcal, Fat 27g, Carbs 56g, Protein 49g



1. Prep veggies

Preheat oven to 450°F with a rack in the upper third. Snap ends from **green beans**. Scrub **carrots**, then cut into 2-inch sticks. Transfer green beans and carrots to a rimmed baking sheet; toss with **4 teaspoons oil** and season with **salt** and **pepper**.



4. Roast meatloaves

Form **meatloaf mixture** into 2 oval patties. Place **meatloaves** on baking sheet between **green beans and carrots**. Roast on upper rack for 10 minutes. Remove from oven and spoon **glaze** over tops of meatloaves. Return to oven and continue roasting until meatloaves reach 165°F internally and veggies are tender, about 10 minutes more.



2. Prep apple & glaze

Halve **apple**, then peel one half (save remaining half for own use). Coarsely grate peeled apple into a medium bowl; discard core. In a small bowl, stir to combine **all of the apricot preserves**, **1 tablespoon ketchup**, and **1 teaspoon vinegar**; season with **salt** and **pepper**. Set glaze aside until step 4.



5. Chop parsley

Meanwhile, coarsely chop **parsley leaves and stems**. Set **1 tablespoon butter** out to soften.



3. Assemble meatloaf

To bowl with **grated apple**, add **¼ teaspoon granulated garlic**, **ground chicken**, **cheese**, **¼ cup panko**, **1 large egg**, **½ teaspoon each of poultry seasoning and salt**, and **a few grinds of pepper**; knead gently until combined.



6. Finish & serve

Transfer **meatloaves** to plates. Add **softened butter** and **chopped parsley** to baking sheet with **veggies**; stir until **butter** melts. Season to taste with **salt** and **pepper**. Serve **meatloaves** with **roasted veggies** alongside. Enjoy!