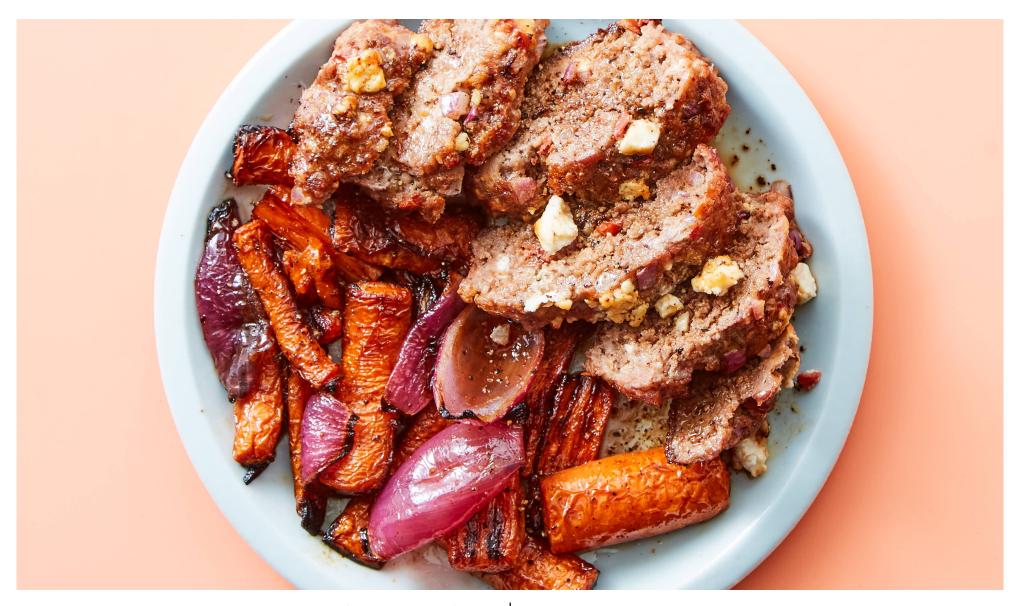
# **DINNERLY**



## Mediterranean Ground Beef Meatloaf

with Feta, Sun-Dried Tomato & Roasted Carrots





It's cheesy. It's tangy. It's a little sweet. It's 100% delicious. Who needs a plus one when you can have all the quality time you need with this jazzed up meatloaf and roasted veggies? Spiked with feta and sun-dried tomatoes, then hit with a vinaigrette for brightness, this is the meatloaf you deserve tonight. We've got you covered!

### **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

#### WHAT YOU NEED

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

## **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 770kcal, Fat 48g, Carbs 38g, Protein 40g



## 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**, then halve lengthwise; cut into 2-inch pieces. Finely chop **1 teaspoon garlic**. Quarter **onion**, then finely chop ½ cup, leaving remaining wedges whole.



#### 2. Start carrots

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



## 3. Season & shape beef

While carrots roast, crumble feta into a medium bowl. Stir in ground beef, sundried tomatoes, panko, chopped garlic, finely chopped onions, 1 large egg, ½ teaspoon salt, and a few grinds of pepper, gently kneading to combine. Divide into 2 equal-sized ovals.



4. Roast meatloaf & veggies

Separate **onion wedge** layers; add 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.

Roast on upper oven rack until 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 sauce from baking sheet over meatloaves.

Serve meatloaves with roasted carrots and onions 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!