



Organic Beef Meatloaf with Mustard Sauce

& Buttery Tarragon Veggies



30-40min



2 Servings

An American blue plate special, if served at your favorite French bistro. We use organic ground beef for our traditional meatloaf and serve it alongside sautéed vegetables tossed with butter and fresh tarragon, a popular herb in France that adds a subtle sweet-anise taste. But what's meatloaf with gravy? We make a quick one with Dijon mustard and a touch of sour cream, which brings it all together. Bon appétit!

What we send

- 1 yellow onion
- 2 carrots
- 4 oz snap peas
- ¼ oz fresh tarragon
- 10 oz pkg organic ground beef
- 1 oz panko ¹
- 1½ oz pkt Worcestershire sauce ⁴
- 1 pkt Dijon mustard ¹⁷
- 1 oz sour cream ⁷

What you need

- olive oil
- 1 large egg ³
- kosher salt & ground pepper
- butter ⁷
- red wine vinegar (or apple cider vinegar) ¹⁷
- garlic

Tools

- medium skillet
- rimmed baking sheet

Allergens

Wheat (1), Egg (3), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 660kcal, Fat 42g, Carbs 35g, Protein 35g



1. Prep onions & garlic

Preheat oven to 450°F with a rack in the center. Finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **chopped onions** and **half of the chopped garlic**; cook, stirring occasionally, until softened, 4-5 minutes. Transfer to a medium bowl to cool slightly. Reserve skillet for step 4.



4. Cook carrots & snap peas

To reserved skillet, add **carrots** and **2 tablespoons water**; bring to a boil. Cover and cook until softened, 3-4 minutes. Add **snap peas** and **½ tablespoon oil**; cook, stirring, until water is evaporated and vegetables are tender and browned in spots, 2-3 minutes more. Stir in **chopped tarragon**, **1 tablespoon butter**, and **½ teaspoon vinegar**. Season with **salt** and **pepper**.



2. Prep veggies & tarragon

Meanwhile, scrub **carrots**, then thinly slice on an angle.

Trim **snap peas**, if desired.

Pick and coarsely chop **2 teaspoons tarragon leaves**; discard stems.



5. Make mustard cream sauce

Transfer **veggies** to a platter or plates. Heat **1 teaspoon oil** in same skillet over medium. Add **remaining chopped garlic**; stir until fragrant, about 30 seconds. Add **1 teaspoon Dijon**, **2 teaspoons Worcestershire** and **¼ cup water**; cook, whisking up brown bits, until sauce is slightly thickened, 2-3 minutes. Stir in **sour cream**; season to taste with **salt** and **pepper**.



3. Assemble & bake meatloaf

To bowl with **onions and garlic**, add **beef**, **panko**, **1 teaspoon Worcestershire**, **1 large egg**, **¾ teaspoon salt**, and **a few grinds of pepper**; knead to combine. Form into a 6-inch long meatloaf and place on a rimmed baking sheet. Bake on center oven rack until browned, firm to the touch, and reaches an internal temperature of 165°F internally, about 20 minutes.



6. Finish & serve

Slice **meatloaf** and serve alongside **veggies** with **mustard cream sauce** spooned over top. Enjoy!

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

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