

DINNERLY



Low-Carb Sun-Dried Tomato Meatloaf & Broccoli with Feta

 30-40min  2 Servings

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 to balance everything, this is the meatloaf you deserve tonight. We've got you covered!

WHAT WE SEND

- 1 oz sun-dried tomatoes ¹⁷
- 1 red onion
- 10 oz pkg ground beef
- 1 oz panko ¹
- 2 oz feta ⁷
- 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 820kcal, Fat 61g, Carbs 35g, Protein 38g



1. Prep veggies

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

Finely chop **sun-dried tomatoes**. Cut **broccoli** into 1-inch florets, if necessary. Finely chop **1 teaspoon garlic**. Quarter **onion**, then finely chop ¼ cup, leaving remaining wedges whole.



4. 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 broccoli and onions** alongside. Enjoy!



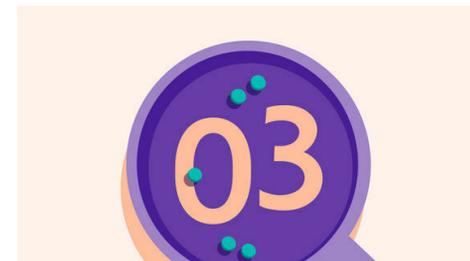
2. Prep meatloaf

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.



5. ...

What were you expecting, more steps?



3. Roast meatloaf & veggies

On a rimmed baking sheet, toss **onion wedges** and **broccoli** with **1 tablespoon oil**. Season with **salt and pepper**.

Place **meatloaves** in center. 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.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!