

DINNERLY



Katsu-Glazed Chicken Meatloaves with Mashed Sweet Potatoes



30-40min



2 Servings

We took a little inspo from Japan to bring you a meatloaf that's one for the books. Sweet and savory and delightfully sticky katsu sauce takes this ginger and scallion-spiked meatloaf to another level. Plus a luscious bed of buttery mashed sweet potatoes—need we say more? We didn't think so. We've got you covered!

WHAT WE SEND

- 2 sweet potatoes
- 2 scallions
- 1 oz fresh ginger
- 1 oz panko ¹
- 1.8 oz katsu sauce ^{1,6}
- 10 oz pkg ground chicken

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- butter ⁷
- 1 large egg ³

TOOLS

- rimmed baking sheet
- microplane or grater
- medium saucepan
- potato masher or fork

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 20g, Carbs 72g, Protein 40g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Lightly **oil** a rimmed baking sheet.

Peel **sweet potatoes** and cut into 1-inch pieces. Trim ends from **scallions** and thinly slice, keeping dark greens separate. Peel and finely grate **1 teaspoon ginger**.



2. Boil potatoes

Add **potatoes** to a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover, reduce heat to medium-high, and cook until easily pierced with a fork, 10–12 minutes. Reserve **¼ cup cooking water**, then drain potatoes. Return to saucepan off heat with cooking water and **2 tablespoons butter**. Cover to keep warm.



3. Make meatloaves

While **potatoes** cook, separate **1 egg yolk** from white; discard white or save for own use (see step 6!).

In a medium bowl, mix to combine **chicken, ginger, scallion whites and light greens, ¼ cup panko, 1 tablespoon katsu sauce, egg yolk, ¼ teaspoon salt, and a few grinds of pepper**. Divide mixture in half and form into 2 (4-inch long) loaves.



4. Cook meatloaves

Transfer **meatloaves** to prepared baking sheet. Spread **remaining katsu sauce** over each loaf.

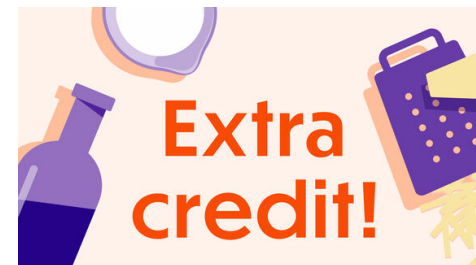
Bake on center oven rack until cooked through and internal temperature reaches 165°F, 20–25 minutes. Remove from oven and let rest for 5 minutes.



5. Mash potatoes & serve

Mash **potatoes** with a potato masher or fork. Season to taste with **salt** and **pepper**.

Serve **katsu-glazed meatloaves** with **mashed sweet potatoes** alongside and **scallion dark greens** sprinkled over top. Enjoy!



6. Pro tip!

One way to separate the egg yolk from the white is to crack the egg into your hand and let the white run through your fingers. If you don't like to get messy, crack the egg into a small bowl and use the shell or a spoon to scoop up the yolk. Discard the white or save it to make omelettes, meringue, or whatever you like!