

DINNERLY



Low-Carb Chicken Parm Meatloaf

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Turns out that combining two of our favorite comfort foods doesn't have to mean doubling the carbo-load. Instead, you're getting a big hit of protein with a meatloaf made with Italian chicken sausage, plus a side of crisp-tender broccoli and onions to keep you feeling full. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ½ lb broccoli
- ½ lb uncased Italian chicken sausage
- 1 oz panko ¹
- 8 oz marinara sauce
- 2 oz shredded fontina ⁷
- ¾ oz Parmesan ⁷

WHAT YOU NEED

- olive oil
- 1 large egg ³
- kosher salt & ground pepper
- 1 Tbsp butter, melted ⁷

TOOLS

- rimmed baking sheet
- aluminium foil
- microplane or grater
- microwave

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 740kcal, Fat 45g, Carbs 40g, Protein 46g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Line a rimmed baking sheet with foil and lightly grease with oil.

Halve and thinly slice **onion**, then finely chop ¼ cup.

Cut **broccoli** into florets, if necessary.



2. Make meatloaves

Transfer **chicken sausage** to a medium bowl. Add **chopped onions**, **half of the panko**, **1 large egg**, **½ teaspoon salt**, and **a few grinds of pepper**; knead to combine. Divide into 2 (4x6-inch) ovals. Transfer to one half of prepared baking sheet. Spoon **all but ¼ cup marinara** evenly over top.

Bake on upper oven rack for 15 minutes.



3. Make Parmesan breadcrumbs

Meanwhile, finely grate **Parmesan**, if necessary. Transfer to a small bowl along with **remaining panko**, **1 tablespoon melted butter**, and **a pinch each of salt and pepper**.



4. Add cheese & veggies

When **meatloaves** have cooked 15 minutes, remove from oven. Sprinkle **fontina** and **Parmesan breadcrumbs** over top.

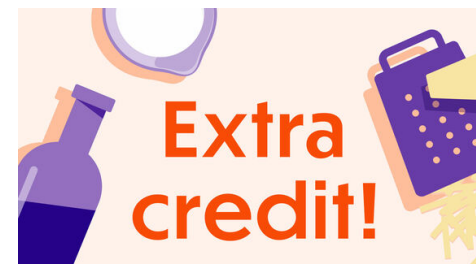
Transfer **broccoli** and **sliced onions** to open half of baking sheet. Drizzle with **2 tablespoons oil**; season with **salt** and **pepper**. Bake until meatloaves are cooked through to 165°F internally and broccoli is tender and crisp, 7–10 minutes.



5. Heat marinara & serve

Microwave **remaining marinara sauce** with a damp paper towel over top until warmed through, 1–2 minutes.

Serve **chicken parm meatloaves** and **broccoli** with **remaining marinara sauce** alongside for dipping. Enjoy!



6. Take it to the next level

Serve the meatloaf with some freshly chopped parsley or basil over top.