

# DINNERLY



## Low-Carb Feta & Sun-Dried Tomato Meatloaf

with Roasted Carrots



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
- 2 carrots
- 1 red onion
- 2 oz feta <sup>2</sup>
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>3</sup>

### WHAT YOU NEED

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

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 790kcal, Fat 48g, Carbs 40g, Protein 41g



#### 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**; halve lengthwise, then cut into 2-inch pieces. Finely chop **1 teaspoon garlic**. Quarter **onion**, then finely chop ¼ cup, leaving remaining wedges whole.



#### 2. Start roasting 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. 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.



#### 4. Roast meatloaf & veggies

Separate layers of **onion wedges** and add to baking sheet with partially roasted **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 a thermometer inserted into 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 pan 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!