

DINNERLY



Caramelized Cabbage Meatloaf with Roasted Sweet Potatoes



30-40min



2 Servings

We're taking the mid-century modern trend straight into the kitchen (minus the avocado green cabinets) with this revamped take on meatloaf. Unless June Cleaver also had the genius idea to caramelize shredded cabbage and mix it into ground beef, guaranteeing a juicy, flavorful burst with each bite, we're pretty sure this is a Dinnerly original. Leave it to us. **229**
We've got you covered!

WHAT WE SEND

- 14 oz cabbage blend
- 1 sweet potato
- 1 shallot
- ¼ oz curry powder
- 1 oz panko ¹
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- olive oil
- sugar
- kosher salt & ground pepper
- ¼ cup ketchup
- 1 large egg ³

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

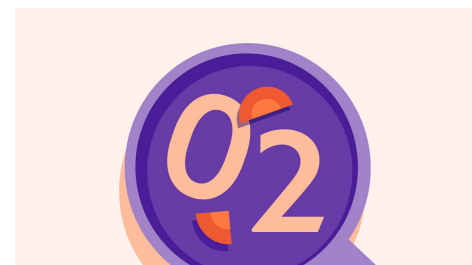
Calories 830kcal, Fat 40g, Carbs 71g, Protein 39g



1. Caramelize cabbage

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

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **cabbage**, **1 teaspoon sugar**, and **¼ teaspoon salt**; reduce heat to medium. Cook, stirring occasionally, until any liquid has evaporated and cabbage is brown and caramelized, 8–10 minutes.

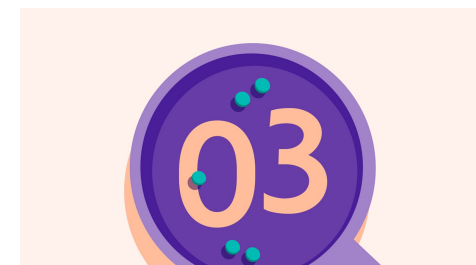


2. Prep ingredients

Slice **sweet potato** into ¼-inch thick rounds (no need to peel).

Halve **shallot**, then thinly slice lengthwise. Finely chop **2 tablespoons of the sliced shallots**.

In a small bowl, mix **¼ cup ketchup** with **1 teaspoon curry powder**.



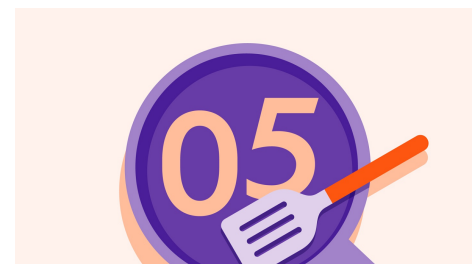
3. Mix meatloaves

In a medium bowl, combine **ground beef**, **chopped shallots**, **panko**, **⅓ of the caramelized cabbage**, **1 large egg**, **1 tablespoon oil**, **¼ teaspoon salt**, and **a few grinds of pepper**. Shape mixture into 2 meatloaves. Brush with **curry ketchup**.



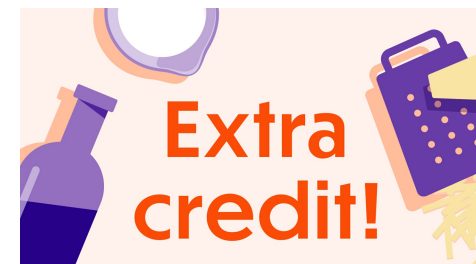
4. Assemble

On a rimmed baking sheet, toss **sweet potatoes** and **sliced shallots** with **1 tablespoon oil**; season with **salt** and **pepper**. Spread into a single layer. Place **meatloaves** between potatoes and scatter **remaining cabbage** over top.



5. Bake & serve

Roast on center oven rack until **sweet potatoes** are golden and tender, **meatloaves** are browned and cooked through, and **cabbage** is crispy, about 20 minutes. Enjoy!



6. Take it to the next level

Mix a teaspoon or two of madras curry powder into ketchup for a fancified curry-ketchup dipping sauce for your meatloaf and sweet potatoes!