



Skillet-Roasted Meatloaf & Brussels Sprouts

with Sour Cream Smashed Potatoes & Gravy



30-40min



2 Servings

Sometimes, you just can't beat classic eats. After all, what's more enjoyable than a juicy grass-fed ground beef meatloaf smothered in gravy? Nothing! Especially when it's served with sour cream smashed potatoes and roasted Brussels sprouts. This dinner is pure comfort food on a plate, and we're here for it!

What we send

- 2 red potatoes
- ½ lb Brussels sprouts
- 10 oz pkg grass-fed ground beef
- 1 oz panko ¹
- 1½ oz pkt Worcestershire sauce ⁴
- 2 (1 oz) sour cream ⁷
- 1 pkt beef broth concentrate

What you need

- kosher salt & pepper
- olive oil
- 1 large egg ³
- butter ⁷
- all-purpose flour ¹
- garlic

Tools

- medium saucepan
- medium ovenproof skillet (preferably cast-iron)

Cooking tip

For easy dinner prep, mix and shape the meatloaves up to one day in advance. Refrigerate in an airtight container until you're ready to cook!

Allergens

Wheat (1), Egg (3), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 47g, Carbs 53g, Protein 42g



1. Cook potatoes

Preheat oven to 450°F with a rack in the upper third.

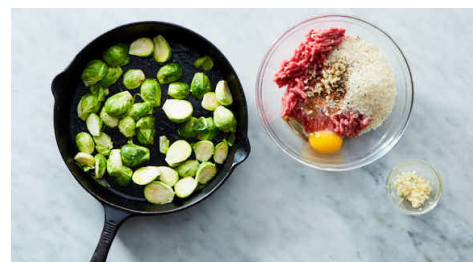
Scrub **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil, then uncover and cook until tender, about 10 minutes. Reserve **¼ cup cooking water**, then drain potatoes and return to saucepan. Cover and set aside until step 4.



4. Smash potatoes

Meanwhile, return saucepan with **potatoes** to medium heat. Cook, stirring frequently, until pale, dry, and breaking apart, 1-2 minutes. Off heat, add **all of the sour cream, reserved cooking water**, and **2 tablespoons butter**.

Use a spoon or fork to coarsely smash potatoes. Season to taste with **salt and pepper**. Cover to keep warm until ready to serve.



2. Prep ingredients

Finely chop **2 teaspoons garlic**. Halve **Brussels sprouts** (quarter, if large). In a medium ovenproof skillet (preferably cast-iron), toss Brussels sprouts with **1 tablespoon oil** and **a pinch each of salt and pepper**.

In a medium bowl, knead to combine **beef, panko, 1 tablespoon Worcestershire sauce, 1 teaspoon garlic, 1 large egg, ½ teaspoon salt** and **a few grinds of pepper**.



5. Make gravy

Add **remaining garlic** and **2 teaspoons each of flour and oil** to reserved skillet over medium-high. Cook, whisking, until fragrant, about 30 seconds. Str in **broth concentrate** and **½ cup water**; bring to a simmer. Cook, scraping up any browned bits from the bottom, until gravy is thickened and coats the back of a spoon, 2-3 minutes.



3. Bake meatloaf & Brussels

Divide **meatloaf mixture** and shape into 2 (5-inch long) ovals. Place in skillet with **Brussels sprouts**.

Bake on upper oven rack until meatloaves are cooked to 165°F internally, and Brussels sprouts are well browned, about 20 minutes (watch closely as ovens vary).

Transfer meatloaves and Brussels sprouts to a platter and cover to keep warm. Reserve skillet until step 5.



6. Serve

Serve **meatloaves** with **sour cream smashed potatoes** and **Brussels sprouts** alongside. Spoon **gravy** over top. Enjoy!