



## Skillet-Roasted Meatloaf & Broccoli

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 broccoli. This dinner is pure comfort food on a plate, and we're here for it!



## What we send

- 2 red potatoes
- garlic
- ½ lb broccoli
- 10 oz pkg grass-fed ground beef
- 1 oz panko <sup>3</sup>
- 1½ oz pkt Worcestershire sauce <sup>4</sup>
- 2 (1 oz) sour cream <sup>2</sup>
- 1 pkt beef broth concentrate

## What you need

- kosher salt & pepper
- olive oil
- 1 large egg <sup>1</sup>
- butter <sup>2</sup>
- all-purpose flour <sup>3</sup>

## 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

Egg (1), Milk (2), Wheat (3), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 47g, Carbs 50g, Protein 41g



### 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**. Cut **broccoli** into 1-inch florets, if necessary. In a medium ovenproof skillet (preferably cast-iron), toss broccoli 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**.



### 3. Bake meatloaf & broccoli

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

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

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



### 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.



### 6. Serve

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