



Skillet-Roasted Meatloaf & Green Beans

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

What we send

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

What you need

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

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 51g, Protein 40g



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**. Trim stem ends from **green beans**, then cut in half. In a medium ovenproof skillet (preferably cast-iron), toss green beans 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 & beans

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

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

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



6. Serve

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